

ABRIL

APRIL

Del 22 al 28 de abril

From the 22nd to the 28th of April

Sala 1

clases colectivas · group lessons

| | Lunes Monday | Martes Tuesday | Miercoles Wednesday | Jueves Thursday | Viernes Friday | Sábado Saturday | Domingo Sunday |
|-------|-------------------------------|--------------------------------|--------------------------------|---------------------------------|--------------------------------|--------------------------------|-------------------|
| 09:30 | PILATES (Mari) | GAP (Mari) | TRX-Mari (Mari) | TONIFICACIÓN (Mari) | BALANCE (Mari) | | |
| 10:30 | TONIFICACIÓN (Mari) | BALANCE (Mari) | PILATES (Mari) | PILATES (Mari) | CORE TRAINING (Mari) | | |
| 11:00 | | | | | | TONIFICACIÓN (Elena) | |
| 19:00 | GAP (Elena) | COMBAT-Elena (Elena) | TONIFICACIÓN (Elena) | FITBALL-Elena (Elena) | PUMP (Elena) | | |
| 20:00 | HATHA YOGA (Mar) | PILATES (Mari) | HATHA YOGA (Mar) | | | | |



Sala Cross

Cross Training

| | | | | | | | |
|-------|-----------------------------------|--|-----------------------------------|--|--|--|--|
| 10:00 | | | | | | CROSS TRAINING-Elena (Elena) | |
| 19:00 | CROSS TRAINING (Miguel) | | CROSS TRAINING (Miguel) | | | | |
| 20:00 | CROSS TRAINING (Miguel) | CROSS TRAINING-Elena (Elena) | CROSS TRAINING (Miguel) | CROSS TRAINING-Elena (Elena) | | | |

**¡RESERVA YA!
BOOK NOW !!**



marinasenses.com
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Sala Ciclo

Ciclo indoor

**disponible a
todas horas**

**SOLICITA AL MONITOR
TU CLASE VIRTUAL EN
CUALQUIER MOMENTO
ASK THE MONITOR FOR YOUR
VIRTUAL CLASS AT ANY TIME**