

# ACTIVIDADES DIRIGIDAS / GUIDED ACTIVITIES

clases para mayores de 14 años / lessons for over 14 years old

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DEL 7 AL 13 OCTUBRE/

FROM 7TH TO 13TH OCTOBER

Lunes  
Monday

Martes  
Tuesday

Miercoles  
Wednesday

Jueves  
Thursday

Viernes  
Friday

Sabado  
Saturday

Domingo  
Sunday

## SALA 1: CLASES COLECTIVAS / GROUP LESSONS

9:30	YOGILATES (Pau)	VINYASA YOGA (Pau)		FITBALL (Elena)	FUNCIONAL (Elena)		
10:30	GAP (Elena)	TONIFICACIÓN (Elena)	YOGILATES (Pau)	YOGILATES (Pau)	VINYASA YOGA (Pau)		
11:00							
11:30		FUNCIONAL (Elena)					
19:00	GAP (Elena)	COMBAT (Elena)		FITBALL (Elena)	PUMP (Elena)		
20:00	FUNCIONAL (Elena)	VINYASA YOGA (Pau)		VINYASA YOGA (Pau)			

## SALA CROSS / CROSS TRAINING

10:00				CROSS TRAINING (Elena) 10:30h			
18:00	FUNCIONAL (Miguel A)	FUNCIONAL (Miguel F.)		FUNCIONAL (Miguel F.)			
19:00	CROSS TRAINING (Miguel A.)						
20:00		CROSS TRAINING (Elena)		CROSS TRAINING (Elena)			

## SALA CICLO / CICLO INDOOR

**DISPONIBLE A TODAS HORAS**

Solicita a tu monitor tu clase virtual en cualquier momento  
Ask the monitor for your virtual class at any time