



JULIO JULY

Del 12 al 25 de Julio from June 12th to July 25th

Sala 1 clases colectivas · group lessons

	Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday	Sábado Saturday	Domingo Sunday
09:30	PILATES (Mari) Aforo 8 pax	GAP (Mari) Aforo 8 pax	PILATES (Mari) Aforo 8 pax	TONIFICACIÓN (Mari) Aforo 8 pax	BALANCE (Mari) Aforo 8 pax		
10:30	TOTAL BODY (Mari) Aforo 8 pax	PILATES (Mari) Aforo 8 pax	FITBALL TONO (Mari) Aforo 8 pax	PILATES (Mari) Aforo 8 pax	CORE TRAINING (Mari) Aforo 8 pax		
19:00	PILATES (Mari Jimenez) Aforo 8 pax	PUMP (Mari Jimenez) Aforo 8 pax	FULL BODY INTENSO (Anja) Aforo 8 pax	GAP (Mari Jimenez) Aforo 8 pax			
20:05		ZUMBA (Mari Jimenez) Aforo 8 pax	CORE TRAINING (Anja) Aforo 8 pax	BALANCE (Mari) Aforo 8 pax			

**¡RESERVA YA!
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MASCARILLA OBLIGATORIA
MANDATORY FACE MASK



Sala 2 Ciclo indoor

09:30					CICLO VIRTUAL (Virtual) Aforo 8 pax	CICLO VIRTUAL (Virtual) Aforo 8 pax	
10:30	CICLO VIRTUAL (Virtual) Aforo 8 pax	CICLO VIRTUAL (Virtual) Aforo 8 pax	CICLO VIRTUAL (Virtual) Aforo 8 pax	CICLO VIRTUAL (Virtual) Aforo 8 pax			CICLO VIRTUAL (Virtual) Aforo 8 pax
19:15			CICLO VIRTUAL (Virtual) Aforo 8 pax		CICLO VIRTUAL (Virtual) Aforo 8 pax		
20:15		CICLO VIRTUAL (Virtual) Aforo 8 pax		CICLO INDOOR (Laura) Aforo 8 pax	CICLO VIRTUAL (Virtual) Aforo 8 pax		

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

Sala Cross Cross Training

19:00	CROSS TRAINING (Alejandro) Aforo 6 pax	CROSS TRAINING (Alejandro) Aforo 6 pax
20:05	CROSS TRAINING (Alejandro) Aforo 6 pax	CROSS TRAINING (Alejandro) Aforo 6 pax

