



ABRIL APRIL

Del 18 al 24 de Abril From the 18th to the 24th of April

Sala 1 clases colectivas · group lessons

| | 18 Lunes Monday | 19 Martes Tuesday | 20 Miércoles Wednesday | 21 Jueves Thursday | 22 Viernes Friday | 23 Sábado Saturday | 24 Domingo Sunday |
|-------|--------------------------|--------------------------|------------------------------------|--------------------------------|--------------------------------|--------------------------|-------------------------|
| 09:30 | | GAP (Mari) | PILATES (Mari) | TONIFICACIÓN (Mari) | BALANCE (Mari) | | |
| 10:30 | PILATES (Mari) | PILATES (Mari) | FITBALL TONO (Mari) | PILATES (Mari) | CORE TRAINING (Mari) | | |
| 19:00 | | COMBAT (Anja) | FULL BODY INTENSO (Anja) | PUMP (Mari Jimenez) | | | |
| 20:00 | | BALANCE (Anja) | | ZUMBA (Mari Jimenez) | | | |

**¡RESERVA YA!
BOOK NOW!!**

marinasenses.com
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**MASCARILLA
OBLIGATORIA**
MANDATORY FACE MASK



Sala 2 Ciclo indoor

| | | | | | | | |
|-------|-----------------------------------|-----------------------------------|-----------------------------------|--|-----------------------------------|-----------------------------------|-----------------------------------|
| 09:30 | | | | | CICLO VIRTUAL (Virtual) | CICLO VIRTUAL (Virtual) | |
| 10:30 | CICLO VIRTUAL (Virtual) | CICLO VIRTUAL (Virtual) | CICLO VIRTUAL (Virtual) | | | | CICLO VIRTUAL (Virtual) |
| 19:15 | CICLO VIRTUAL (Virtual) | CICLO VIRTUAL (Virtual) | CICLO VIRTUAL (Virtual) | | CICLO VIRTUAL (Virtual) | | |
| 20:15 | | | | | | | |

**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) |
| 20:00 | CROSS TRAINING (Alejandro) |

