

# JULIO JULY

Del 8 AL 14 de Julio From the 8th to the 14th of July

## Sala 1 clases colectivas · group lessons

	Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday	Sábado Saturday	Domingo Sunday
09:30	YOGILATES-PAU (Pau)	TONIFICACIÓN (Elena)	FITBALL-Elena (Elena)	TONIFICACIÓN (Elena)	VINYASA YOGA- Pau (Pau)		
10:30	GAP (Elena)	VINYASA YOGA- Pau (Pau)	PUMP (Elena)	YOGILATES-PAU (Pau)	PUMP (Elena)		
11:00						TONIFICACIÓN (Elena)	
19:00	GAP (Elena)	COMBAT-Elena (Elena)	TONIFICACIÓN (Elena)	FITBALL-Elena (Elena)	PUMP (Elena)		
20:00	TRX-Elena (Mari)	VINYASA YOGA- Pau (Pau)	YOGILATES-PAU (Pau)	VINYASA YOGA- Pau (Pau)			



## 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)		

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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**