

SEPTIEMBRE SEPTEMBER

Del 2 al 9 de Septiembre From the 2nd to the 9th of September

Sala 1 clases colectivas · group lessons

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



Sala Cross Cross Training

10:00						CROSS TRAINING (Elena)	
19:00	CROSS TRAINING (Miguel A)		CROSS TRAINING (Miguel A)				
20:00	CROSS TRAINING (Miguel A)	CROSS TRAINING (Elena)	CROSS TRAINING (Miguel A)	CROSS TRAINING (Elena)			

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Sala Ciclo Ciclo indoor

**disponible a
todas horas**

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