

ACTIVIDADES DIRIGIDAS / GUIDED ACTIVITIES

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

¡RESERVA YA! BOOK NOW!

www.marinasenses.com / +34 96 541 97 93



30 SEPTIEMBRE AL 6 OCTUBRE / 30TH SEPTEMBER TO 6TH 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) | PUMP (Elena) | FITBALL (Elena) | FUNCIONAL (Elena) | | |
| 10:30 | GAP (Elena) | TONIFICACIÓN (Elena) | YOGILATES (Pau) | YOGILATES (Pau) | VINYASA YOGA (Pau) | | |
| 11:00 | | | | | | TONIFICACIÓN (Elena) | |
| 11:30 | | FUNCIONAL (Elena) | | | | | |
| 19:00 | GAP (Elena) | COMBAT (Elena) | TONIFICACIÓN (Elena) | FITBALL (Elena) | PUMP (Elena) | | |
| 20:00 | FUNCIONAL (Elena) | VINYASA YOGA (Pau) | YOGILATES (Pau) | VINYASA YOGA (Pau) | | | |

SALA CROSS / CROSS TRAINING

| | | | | | | | |
|-------|-------------------------------|---------------------------|-------------------------------|---------------------------|--|---------------------------|--|
| 10:00 | | | | | | CROSS TRAINING (Elena) | |
| 18:00 | | | | FUNCIONAL (Miguel F.) | | | |
| 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) | | | |

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