



WELLNESS CENTRE
SPA • FITNESS CENTRE • HPC

HORARIO DE CLASES

FITNESS ACTIVITIES SCHEDULE



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Del 22 al 28 de Abril

	LUNES MONDAY 22	MARTES TUESDAY 23	MIÉRCOLES WEDNESDAY 24	JUEVES THURSDAY 25	VIERNES FRIDAY 26	SÁBADO SATURDAY 27	DOMINGO SUNDAY 28
9:30	TRX Marisa	CICLO Marisa	PILATES Pedro	ZUMBA Marisa/Elisa	CROSS TRAINING Marisa/Elisa		
10:30	ABDOMINALES 20' Marisa		ABDOMINALES 20' Pedro		ABDOMINALES 20' Marisa/Elisa		
12:00						CICLO Juan Carlos	CROSS TRAINING Juan Carlos
14:30	CICLO Marisa/Elisa	TRX Pedro	CICLO Pedro/Elisa	CROSS TRAINING Juan Carlos/Elisa			
18:30		ABDOMINALES 20' Pedro		ABDOMINALES 20' Pedro			
19:00	YOGA Paula	PILATES Pedro	CROSS TRAINING Elisa	CICLO Pedro	TOTAL PUMP Pedro	PILATES Juan Carlos	PILATES Juan Carlos
20:00	CROSS TRAINING Elisa	CICLO Pedro	GAP CIRCUIT Elisa	PILATES Pedro	TRX Pedro		



* Las actividades tienen un aforo limitado y se requiere un mínimo de 2 personas. Por favor comprueba la disponibilidad en recepción del Wellness Centre.

* Fitness classes have limited capacity and a minimum of 2 people is required. Please check availability at the Wellness Centre reception.

* El instructor está sujeto a cambio sin previo aviso

* Personal trainer can be changed subject to availability with no further notice.

Información y reservas / Information and res
968 33 1234 - Ext. 6100