



WELLNESS CENTRE

SPA • FITNESS CENTRE • HPC

FITNESS ACTIVITIES SCHEDULE / HORARIO DE CLASES

21/05/2018 - 03/06/2018

		9:30	12:00	14:30	18:00	19:00	20:00
Lunes Monday	21	<b>HPC TRAINING</b> Shaun		<b>CICLO</b> Marina		<b>YOGILATES</b> Paula	<b>HIPT</b> Juan Carlos
Martes Tuesday	22	<b>CORE TRAINING</b> Juan Carlos			<b>HPC TRAINING</b> Shaun	<b>PILATES</b> Pedro	<b>CICLO</b> Marina
Miércoles Wednesday	23	<b>PILATES</b> Pedro		<b>CICLO</b> Pedro		<b>CIRCUIT TRAINING</b> Juan Carlos	<b>CORE TRAINING</b> Marina
Jueves Thursday	24	<b>CIRCUIT TRAINING</b> Juan Carlos				<b>CICLO</b> Pedro	<b>PILATES</b> Pedro
Viernes Friday	25	<b>CICLO</b> Juan Carlos		<b>CIRCUIT TRAINING</b> Juan Carlos		<b>HIPT</b> Pedro	<b>STRETCHING</b> Pedro
Sábado Saturday	26		<b>CICLO</b> Pedro			<b>PILATES</b> Pedro	
Domingo Sunday	27		<b>ATTACK</b> Marina			<b>PILATES</b> Marina	
Lunes Monday	28	<b>ATTACK</b> Marina		<b>CICLO</b> Juan Carlos		<b>YOGILATES</b> Paula	<b>HIPT</b> Juan Carlos
Martes Tuesday	29	<b>HPC TRAINING</b> Juan Carlos				<b>PILATES</b> Marina	<b>CICLO</b> Pedro
Miércoles Wednesday	30	<b>PILATES</b> Pedro		<b>CICLO</b> Pedro		<b>CIRCUIT TRAINING</b> Juan Carlos	<b>CORE TRAINING</b> Marina
Jueves Thursday	31	<b>CIRCUIT TRAINING</b> Juan Carlos				<b>CICLO</b> Pedro	<b>PILATES</b> Pedro
Viernes Friday	1	<b>CICLO</b> Juan Carlos		<b>CIRCUIT TRAINING</b> Juan Carlos		<b>HIPT</b> Pedro	<b>STRETCHING</b> Pedro
Sábado Saturday	2		<b>CICLO</b> Pedro			<b>PILATES</b> Pedro	
Domingo Sunday	3		<b>ATTACK</b> Marina			<b>PILATES</b> Marina	

- Por favor, compruebe disponibilidad en recepción de Wellness Centre. Se ruega puntualidad. Pasados 10 minutos del comienzo de la actividad, por respeto al resto de usuarios, no se permitirá la entrada a la misma.
- Please check availability at reception. Please ensure that you are punctual. It is not permitted to enter the class after 10 minutes from its start time out of respect towards other users.

**INFORMACIÓN Y  
RESERVAS  
INFORMATION AND  
RESERVATIONS**

**968 33 1234  
EXT. 6100**