



WELLNESS CENTRE
SPA • FITNESS CENTRE • HPC

HORARIO DE CLASES

FITNESS ACTIVITIES SCHEDULE

Del 20 al 26 de Agosto



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	LUNES MONDAY 20	MARTES TUESDAY 21	MIÉRCOLES WEDNESDAY 22	JUEVES THURSDAY 23	VIERNES FRIDAY 24	SÁBADO SATURDAY 25	DOMINGO SUNDAY 26	
9:30	HPC TRAINING Shaun	ZUMBA Marisa	PILATES Pedro	TOTAL PUMP Pedro	CICLO Marisa			
11:00	ABDOMINALES 20' Marisa		ABDOMINALES 20' Pedro		ABDOMINALES 20' Marisa			
12:00						CICLO Pedro	CROSS TRAINING Marisa	
14:30	CICLO Pedro	TRX Marisa	CICLO Pedro	CIRCUIT TRAINING Pedro				
18:00		HPC TRAINING Shaun		ABDOMINALES 20' Juan Carlos				
19:00	YOGUILATES Paula	INICIACIÓN RUNNING Pedro	PILATES Pedro	ZUMBA Marisa	CICLO Juan Carlos	TRX Juan Carlos	V SUNSET RACE LMC	PILATES Juan Carlos
20:00	TRX Juan Carlos	CICLO Pedro	CROSS TRAINING Juan Carlos	PILATES Juan Carlos	HIPT Juan Carlos			



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

* Fitness classes have limited capacity and it requires 2 people per class.

* 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 reservations:
968 33 1234 - Ext. 6100