

PROGRAMA FITNESS



ABIERTO/OPEN 07:00/19:00

HORA TIME	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
08:00	SUN SALUTATION	SUN SALUTATION	SUN SALUTATION	SUN SALUTATION	SUN SALUTATION	09:00 CAMINATA A LA PLAYA WALKING TO THE BEACH	SUN SALUTATION
10:00	FBW	TABATA	HIT	GAP	CARDIO TRAINING	-----	ABS
12:00	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM	AQUA GYM
16:00	PILATES	ABS	AEROBIC BODY BALLET	PILATES	FUNCTIONAL TRAINING	AEROBIC BODY BALLET	FUNCTIONAL TRAINING
17:00	SPINNING	BOXING	SPINNING	STEP	BODY	TABATA	BODY

