

JULIO JULY

Del 22 de Julio al 31 de Julio From the 22nd to the 31st of July

Sala 1 clases colectivas · group lessons

	Lunes Monday	Martes Tuesday	Miercoles Wednesday	Jueves Thursday	Viernes Friday	Sábado Saturday	Domingo Sunday
09:30	YOGILATES-PAU (Pau)	TONIFICACIÓN (Elena)	TRX-Elena (Elena)	TONIFICACIÓN (Elena)	PUMP (Elena)		
10:30	GAP (Elena)	VINYASA YOGA- Pau (Pau)	PUMP (Elena)	YOGILATES-PAU (Pau)	VINYASA YOGA- Pau (Pau)		
11:00						TONIFICACIÓN (Elena)	
19:00	GAP (Elena)	COMBAT-Elena (Elena)	TONIFICACIÓN (Elena)	FITBALL-Elena (Elena)	PUMP (Elena)		
20:00	TRX-Elena (Elena)	VINYASA YOGA- Pau (Pau)	YOGILATES-PAU (Pau)	VINYASA YOGA- Pau (Pau)			



Sala Cross Cross Training

10:00						CROSS TRAINING-Elena (Elena)
19:00	CROSS TRAINING (Miguel)		CROSS TRAINING (Miguel)			
20:00	CROSS TRAINING (Miguel)	CROSS TRAINING-Elena (Elena)	CROSS TRAINING (Miguel)	CROSS TRAINING-Elena (Elena)		

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Sala Ciclo Ciclo indoor

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todas horas

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