

AYSLA

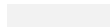
WELLNESS CLUB

HORARIO DE ACTIVIDADES DIRIGIDAS / GUIDED ACTIVITIES SCHEDULE

(A PARTIR DEL 1 DE ABRIL / FROM APRIL 1ST)

HORARIO / HOURS	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDN.	JUEVES / THURSDAY	VIERNES / FRIDAY	SÁBADO / SATURDAY	DOMINGO / SUNDAY
07.30							
08.00		FUNCTIONAL TRAINING 8.00		EXPRESS WORKOUT 8.30			
08.30	FUNCTIONAL TRAINING 8.30						
09.00		CROSS TRAINING 9.00	FUNCTIONAL TRAINING 9.00	CROSS TRAINING 9.00			
09.30	GAP 9.30				FUNCTIONAL TRAINING 9.30		
10.00		ESPALDA SANA / HEALTHY BACK 10.00	CORE 10.00	ESPALDA SANA / HEALTHY BACK 10.00		FUNCTIONAL TRAINING 10.00	GAP 10.00
10.30	YOGA 10.30		PILATES 10.30		PILATES 10.30		
11.00		CYCLING 11.00		CYCLING 11.00		ZUMBA 11.00	STRETCHING 11.00
11.30							
12.00							
12.30							
13.00							
13.30		EXPRESS WORKOUT 13.30		GAP 13.30			
14.00		STRETCHING 14.00		CORE 14.00			
14.30							
15.00							
15.30							
16.00							
16.30							FUNCTIONAL TRAINING 16.30
17.00	GAP 17.00	PILATES 17.00	CROSS TRAINING 17.00	YOGA 17.00		CROSS TRAINING 17.00	
17.30					CROSS TRAINING 17.30		
18.00	ESPALDA SANA / HEALTHY BACK 18.00	FUNCTIONAL TRAINING 18.00	ZUMBA 18.00	EXPRESS WORKOUT 18.00			
18.30				PILATES 18.30	STRETCHING 18.30		
19.00		CORE 19.00	STRETCHING 19.00				
19.30							
20.00							
20.30							
21.00							
21.30							
22.00							

HORARIO DE APERTURA



OPENING HOURS

ZUMBA



ZUMBA

GROUP CYCLE



GROUP CYCLE

CARDIOVASCULAR



CARDIO

FUERZA



STRENGTH

GINNASIAS SUAVES



SOFT GYMNASTICS

CLASES 30 MIN



30 MIN

CROSS TRAIN.



CROSS TRAIN.