

GYM

SOUND BODY™ BY HARD ROCK

body : rock®

HARD ROCK HOTEL CANCUN

TIME HORA	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO	SUNDAY DOMINGO
8:00 AM	AB WORKOUT (BODY ROCK)	AB WORKOUT (BODY ROCK)	AB WORKOUT (BODY ROCK)	AB WORKOUT (BODY ROCK)	AB WORKOUT (BODY ROCK)	AB WORKOUT (BODY ROCK)	AB WORKOUT (BODY ROCK)
9:00 AM	BODY OM (BEACH/PLAYA) TABATA (BODY ROCK)	BODY OM (BEACH/PLAYA) TABATA (BODY ROCK)	BODY OM (BEACH/PLAYA) TABATA (BODY ROCK)	BODY OM (BEACH/PLAYA) TABATA (BODY ROCK)	BODY OM (BEACH/PLAYA) TABATA (BODY ROCK)	BODY OM (BEACH/PLAYA) TABATA (BODY ROCK)	BODY OM (BEACH/PLAYA) TABATA (BODY ROCK)
10:00 AM	WATER SPINNING (POOL/ALBERCA) GAP (BODY ROCK)	GAP (BODY ROCK)	WATER SPINNING (POOL/ALBERCA) GAP (BODY ROCK)	(BODY ROCK)	WATER SPINNING (POOL/ALBERCA) GAP (BODY ROCK)	GAP (BODY ROCK)	WATER SPINNING (POOL/ALBERCA) GAP (BODY ROCK)
11:00 AM	TRX (BODY ROCK)	POOL JUMP FIT (POOL/ALBERCA) TRX (BODY ROCK)	TRX (BODY ROCK)	POOL JUMP FIT (POOL/ALBERCA) TRX (BODY ROCK)	TRX (BODY ROCK)	POOL JUMP FIT (POOL/ALBERCA) TRX (BODY ROCK)	TRX (BODY ROCK)
12:00 PM	AQUA FIT (POOL/ALBERCA)	AQUA ZUMBA (POOL/ALBERCA)	AQUA FIT (POOL/ALBERCA)	AQUA ZUMBA (POOL/ALBERCA)	AQUA FIT (POOL/ALBERCA)	AQUA ZUMBA (POOL/ALBERCA)	AQUA FIT (POOL/ALBERCA)
04:00 PM	ZUMBA (POOL/ALBERCA)	FUNTIONAL (BODY ROCK)	FUNTIONAL (BODY ROCK)	ZUMBA (POOL/ALBERCA)	FUNTIONAL (BODY ROCK)	LATIN DANCE BAILE LATINO (BODY ROCK)	LATIN DANCE BAILE LATINO (BODY ROCK)
05:00 PM	STRETCHING (BODY ROCK)	STRETCHING (BODY ROCK)	STRETCHING (BODY ROCK)	STRETCHING (BODY ROCK)	STRETCHING (BODY ROCK)	STRETCHING (BODY ROCK)	STRETCHING (BODY ROCK)

Please be advised that the Schedule is subject to change without further notice.
Por favor, tenga en cuenta que el horario está sujeto a cambios sin previo aviso