



April 15th to April 21th 2024

SCHEDULE HORARIO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO	SUNDAY DOMINGO
9:30 AM	YOGA (BODY ROCK)	*****	*****	YOGA (BODY ROCK)	YOGA (BODY ROCK)	*****	*****
10:30 AM	TABATA (BODYROCK)	FUNCTIONAL TRAINING (BODY ROCK)		*****	*****	FUNCTIONAL TRAINING (BODY ROCK)	YOGA (BODY ROCK)
3:30 PM	*****	CORE CLINIC (BODYROCK)	STRETCHING (BODY ROCK)	*****	TABATA (BODY ROCK)	*****	STRETCHING (BODY ROCK)
04:30 PM	FUNCTIONAL TRAINING (BODY ROCK)	*****	*****	CROSSTRaining (BODYROCK)	*****	*****	*****

\*IT IS NECESSARY TO MAKE A PRIOR RESERVATION AND ARRIVE 10 MINUTES BEFORE ANY CLASS TO DO IT AND/OR NOT LOSE YOUR RESERVATION (IN BODY ROCK)

\*ES NECESARIO HACER PREVIA RESERVACIÓN Y LLEGAR 10 MINUTOS ANTES DE CUALQUIER CLASE PARA REALIZARLA Y/O NO PERDER SU RESERVACIÓN (EN BODY ROCK)