

SOUND BODY BY HARDROCK

body : rock®

October 14th - October 20th 2024 | 14 de Octubre - 20 de Octubre

SCHEDULE HORARIO	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO	SUNDAY DOMINGO
9:30 AM	YOGA (BODY ROCK)	FULL BODY (BODY ROCK)	BODY COMBAT (BODY ROCK)	YOGA (BODY ROCK)	CORE CLINIC (BODY ROCK)	STRETCHING (BODY ROCK)	YOGA (BODY ROCK)
5:00 PM	CORE CLINIC (BODY ROCK)	STRETCHING (BODY ROCK)	FUNCTIONAL TRAINING (BODY ROCK)	FULL BODY (BODY ROCK)	FULL BODY (BODY ROCK)	MOBILITY (BODY ROCK)	BODY COMBAT (BODY ROCK)

***IT IS NECESSARY TO MAKE A PRIOR RESERVATION 1 HOUR BEFORE AND ARRIVE 10 MINUTES BEFORE ANY CLASS TO DO IT AND/OR NOT LOSE YOUR RESERVATION (IN BODY ROCK)**

***ES NECESARIO HACER PREVIA RESERVACIÓN 1 HORA ANTES Y LLEGAR 10 MINUTOS ANTES DE CUALQUIER CLASE PARA REALIZARLA Y/O NO PERDER SU RESERVACIÓN (EN BODY ROCK)**