



# SOUND BODY™ BY HARD ROCK



Jun 8th to Jun 14th  
Del 8 al 14 de Junio

Time: Hora:	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	WELLNESS DAY Saturday Sábado	Sunday Domingo
08:30			Yoga At Yoga Temple	Stretching At Yoga Temple		Yoga At Terraza Azul 7:00 AM	HIIT At Bodyrock 7:00 AM
10:30	Functional Training At Bodyrock	Spinning At Bodyrock		Shadow Kickboxing At Yoga Temple	Functional Training At Bodyrock	Sound Healing At Terraza Azul 7:30pm	Spinning At Patio Azul 9:00 AM

DON'T MISS OUT ON YOUR BODY ROCK, **LIMITED AVAILABILITY!**  
**BOOK YOUR CLASSES AT BODY ROCK OR CALL US AT EXTENSION 4067.**  
**¡NO TE QUEDES SIN LUGAR, CUPO LIMITADO!**  
**RESERVA TUS CLASES EN BODY ROCK O LLAMANOS A LA EXTENSIÓN 4067.**

**BODY ROCK ABIERTO TODOS LOS DÍAS DE 6AM A 6PM**  
**BODY ROCK OPEN EVERY DAY FROM 6AM TO 6PM**