

ESPLÉNDIDO HOTEL

HORARIO** DE ACTIVIDADES DIRIGIDAS 18/9-20/9 2020 / CLASS SCHEDULE** 18/9-20/9 2020

VIERNES FRIDAY 18/9		SÁBADO SATURDAY 19/9	DOMINGO SUNDAY 20/9
08.00		YOGA 60'	YOGA 60'
08.00		HIKING 120'	
09.00		SWIMMING 60'	TRAIL RUNNING 150'
10.15		PADDLE SURF 60'	PADDLE SURF 60'
11.00			
11.30		PILATES 50'	AQUAGYM 50'
12.30		CROSS TRAINING 50'	PILATES 50'
13.30		STRETCHING 30'	STRETCHING 30'
16.00	PILATES 50'		
16.30		PILATES 50'	
17.00	CROSS TRAINING 50'		
17.30		AQUAGYM 50'	
18.00	RUNNING 60'		
18.30	YOGA 60'	YOGA 60'	
19.30	MEDITATION 30'	MEDITATION 30'	

**We reserve the right to make changes to this schedule. Nos reservamos el derecho de modificar este horario.