

ESPLÉNDIDO HOTEL

HORARIO** DE ACTIVIDADES DIRIGIDAS / CLASS SCHEDULE** 16/10-18/10 2020

VIERNES FRIDAY 16/10		SÁBADO SATURDAY 17/10	DOMINGO SUNDAY 18/10
08.00		ROAD CYCLING 120'	YOGA 60'
09.00		YOGA 60'	AQUAGYM 50'
10.00		PILATES 50'	BODY FIT 50'
11.30		AQUAGYM 50'	PADDLE SURF 60'
12.30		CROSSTRaining 50'	CROSSTRaining 50'
13.30		CORE 30'	STRETCHING 30'
16.00	PILATES 50'	PADDLE SURF 60'	
17.30		LATIN DANCE 50'	
18.30	YOGA 60'	BODY WEIGHT CROSS 50'	
19.30	MEDITATION 30'	YOGA 60'	

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