

# ESPLÉNDIDO HOTEL

HORARIO\*\* DE ACTIVIDADES DIRIGIDAS / CLASS SCHEDULE\*\* 30/10-1/11 2020

VIERNES FRIDAY 30/10		SÁBADO SATURDAY 31/10	DOMINGO SUNDAY 1/11
08.00		YOGA 60'	YOGA 60'
09.00		HIKING 60'	TRAIL RUNNING 120'
10.00		PILATES 50'	AQUAGYM 50'
11.00		PADDLE SURF 60'	PADDLE SURF 60'
12.30		CROSS TRAINING 50'	DANCE 50'
13.30		CORE 30'	PILATES 50'
16.30		AQUAGYM 50'	
17.30	PILATES 50'	PILATES 50'	
18.30	YOGA 60'	DANCE 50'	
19.30	MEDITATION 30'	TRX & CORE 40'	

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