



HORARIO



PROGRAMA FITNESS

HORAS	LUNES MONDAY	MARTES TUESDAY	MIÉRCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SÁBADO SATURDAY	DOMINGO SUNDAY
8:00	STRETCHING	09:00 CAMINATA A LA PLAYA WALKING TO THE BEACH	STRETCHING	STRETCHING	STRETCHING	09:00 CAMINATA A LA PLAYA WALKING TO THE BEACH	STRETCHING
10:00	FUNCTIONAL TRAINING	*****	HIIT	FUNCTIONAL TRAINING	FULL BODY	*****	FULL BODY
12:00	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM	AQUAGYM
16:00	SPINNING	HIIT	FUNCIONAL TRAINING	HIIT	ABS	FULL BODY	SPINNING
17:00	BOOTCAMP	SPINNING	CORE	ABS	SPINNING	ABS	ABS
18:00	YOGA	YOGA	YOGA	YOGA	YOGA	YOGA	YOGA



