



WELLNESS CENTER

# PLAN SEMANAL DE ACTIVIDADES

LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
YOGA 7:30 A.M.	PILATES MAT 7:30 A.M.	YOGA 7:30 A.M.	PILATES MAT 7:30 A.M.	YOGA 7:30 A.M.	PILATES MAT 7:30 A.M.	YOGA 7:30 A.M.
CYCLING 8:30 A.M.	TRX 8:30 A.M.	HITT 8:30 A.M.	CROSS TRAINING 8:30 A.M.	CYCLING 8:30 A.M.	TRX 8:30 A.M.	TRX 8:30 A.M.
YOGA 5:00 P.M.	PILATES MAT 5:00 P.M.	YOGA 5:00 P.M.	PILATES MAT 5:00 P.M.	YOGA 5:00 P.M.	PILATES MAT 5:00 P.M.	YOGA 5:00 P.M.

ALL FITNESS