



FIT & FUN

GYM ACTIVITIES FIT & FUN							
	MON	TUE	WED	THU	FRI	SAT	SUN
7:00am	Spinning	Boot Camp	Spinning	TRX/ Kettle Bell	Spinning	Boot Camp	Spinning
8:00am	TRX/ Kettle Bell	Kick Boxing	Boot Camp	Dynamic Aerobic	Boot Camp	TRX/ Kettle Bell	Kick Boxing
8:00am	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
9:00am	Dynamic Aerobic	Spinning	Dynamic Aerobic	Spinning	Kick Boxing	Spinning	Spinning
10:00am	Caribbean Zumba	Dynamic Aerobic	Caribbean Zumba	TRX/ Kettle Bell	Dynamic Aerobic	Caribbean Zumba	Dynamic Aerobic
4:00pm	Caribbean Zumba	Caribbean Zumba	Kick Boxing	Caribbean Zumba	Caribbean Zumba	Boot Camp	Caribbean Zumba
5:00pm	TRX/ Kettle Bell	Spinning	Boot Camp	Spinning	TRX/ Kettle Bell	Kick Boxing	Boot Camp
5:00pm		Sunset Yoga			Sunset Yoga		

* All activities are done in the Gym

POOL / BEACH ACTIVITIES							
	MON	TUE	WED	THU	FRI	SAT	SUN
10:00am	Stretching	Stretching	Stretching	Stretching	Stretching	Stretching	Stretching
11:30am	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit
4:00pm		Caribbean Zumba					

* Activities are subject to change without prior notice



FIT & FUN

GYM ACTIVITIES FIT & FUN							
	MON	TUE	WED	THU	FRI	SAT	SUN
7:00am	Spinning	Boot Camp	Spinning	TRX/ Kettle Bell	Spinning	Boot Camp	Spinning
8:00am	TRX/ Kettle Bell	Kick Boxing	Boot Camp	Dynamic Aerobic	Boot Camp	TRX/ Kettle Bell	Kick Boxing
8:00am	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
9:00am	Dynamic Aerobic	Spinning	Dynamic Aerobic	Spinning	Kick Boxing	Spinning	Spinning
10:00am	Caribbean Zumba	Dynamic Aerobic	Caribbean Zumba	TRX/ Kettle Bell	Dynamic Aerobic	Caribbean Zumba	Dynamic Aerobic
4:00pm	Caribbean Zumba	Caribbean Zumba	Kick Boxing	Caribbean Zumba	Caribbean Zumba	Boot Camp	Caribbean Zumba
5:00pm	TRX/ Kettle Bell	Spinning	Boot Camp	Spinning	TRX/ Kettle Bell	Kick Boxing	Boot Camp
5:00pm		Sunset Yoga			Sunset Yoga		

* All activities are done in the Gym

POOL / BEACH ACTIVITIES							
	MON	TUE	WED	THU	FRI	SAT	SUN
10:00am		Stretching		Stretching		Stretching	Stretching
11:00am	Yoga		Yoga		Yoga		
12:00pm	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit
4:30pm				Caribbean Zumba			

* Activities are subject to change without prior notice



FIT & FUN

ACTIVIDADES EN EL GIMNASIO							
	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
07:00	Spinning Estudio 2	Boot Camp Estudio 3	Spinning Estudio 2	Boot Camp Estudio 3	Spinning Estudio 2	TRX Training Estudio 3	Spinning Estudio 2
08:00	Yoga Estudio 1	Pilates & Stretch Estudio 1	Yoga Estudio 1	Pilates & Stretch Estudio 1	TRX Training Estudio 3	Yoga Estudio 1	Kick Boxing Estudio 3
09:00	Pilates & Stretch Estudio 1 Boot Camp Estudio 3	Yoga Estudio 1 TRX Training Estudio 3	Pilates & Stretch Estudio 1 Boot Camp Estudio 3	Yoga Estudio 1 TRX Training Estudio 3	Yoga Estudio 1 Boot Camp Estudio 3	Pilates & Stretch Estudio 1 Kick Boxing Estudio 3	Yoga Estudio 1 Boot Camp Estudio 3
10:00	Zumba Fit Estudio 1	Zumba Fit Estudio 1	Cardio Abs Estudio 1	Zumba Fit Estudio 1	Zumba Fit Estudio 1	Zumba Fit Estudio 1	Cardio Abs Estudio 1
16:00	Spinning Estudio 2	Spinning Estudio 2	Pilates & Stretch Estudio 1	Spinning Estudio 2	Spinning Estudio 2	Spinning Estudio 2	Pilates & Stretch Estudio 1
17:00	Boot Camp Estudio 3	Pilates & Stretch Estudio 1	Boot Camp Estudio 3	Kick Boxing Estudio 3	Yoga Estudio 1	Boot Camp Estudio 3	TRX Training Estudio 3
18:00	Yoga Estudio 1 TRX Training Estudio 3	Yoga Estudio 1 Boot Camp Estudio 3	Yoga Estudio 1 Kick Boxing Estudio 3	Yoga Estudio 1 TRX Training Estudio 3	Pilates & Stretch Estudio 1 TRX Training Estudio 3	Yoga Estudio 1 TRX Training Estudio 3	Yoga Estudio 1 Boot Camp Estudio 3

* Todas las clases Fit & Fun tienen lugar en el Gimnasio Central al lado del Centro Comercial

ACTIVIDADES EN LA PISCINA / PLAYA							
	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM
10:00	Yoga Palapa	Yoga Palapa	Yoga Palapa		Yoga Palapa	Yoga Palapa	Yoga Beach/Palapa
11:30	Aqua Fit Piscina Principal	Aqua Spinning Piscina Principal	Aqua Fit Piscina Principal	Aqua Spinning Piscina Principal	Aqua Fit Piscina Principal	Aqua Spinning Piscina Principal	Aqua Fit Piscina Principal

* Las actividades estan sujetas a cambios sin previo aviso