

CARTUJA

CLUB

PARRILLA ACTIVIDADES OCTUBRE

		LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES				
SALAS / HORAS DE HASTA		CLASES	POWER SALA FOCUS	REAXING DYNAMIC ROOM	CYCLING SALA 53 STUDIO	CLASES	POWER SALA FOCUS	REAXING DYNAMIC ROOM	CYCLING SALA 53 STUDIO	CLASES	POWER SALA FOCUS	REAXING DYNAMIC ROOM	CYCLING SALA 53 STUDIO	CLASES	POWER SALA FOCUS	REAXING DYNAMIC ROOM	CYCLING SALA 53 STUDIO	CLASES	POWER SALA FOCUS	REAXING DYNAMIC ROOM	CYCLING SALA 53 STUDIO	
8:00	8:30			REAXING GOLF			RESETEA	30' EXPRESS			REAXING GOLF			RESETEA	30' EXPRESS			MOVE	REAXING GOLF			
8:45	9:15	PILATES 1H			30' EXPRESS	YOGA 1H				PILATES 1H			30' EXPRESS	YOGA 1H				STRETCHING 1H			REACCIONA	
9:30	10:00		PLAY								PLAY											
10:15	10:45		TRX 1H		45 MIN		REAXING GOLF	30' EXPRESS		TRX 1H			45 MIN		REAXING GOLF	30' EXPRESS		TRX 1H			30' EXPRESS	
11:00	11:30						TRX 1H								TRX 1H							
11:45	12:15																					
12:30	13:15																					
13:30	14:00																					
14:00	14:30																					
14:15	14:45	PILATES 1H	MOVE			YOGA 1H		REACCIONA		PILATES 1H	MOVE			YOGA 1H		REACCIONA			MOVE			
14:45	15:15			RESETEA				TRAIN							RESETEA				TRAIN			
15:15	15:45				30' EXPRESS				30' EXPRESS				30' EXPRESS				30' EXPRESS					30' EXPRESS

17:00	17:30																					
17:45	18:15		MOVE		30' EXPRESS						MOVE		30' EXPRESS									
18:30	19:00	PILATES 1H	TRX 1H			YOGA 1H	PLAY		45 MIN	PILATES	TRX 1H			YOGA 1H	PLAY		45 MIN	PILATES	MOVE			
19:15	19:45			RESETEA					ACTÍVATE						RESETEA					ACTÍVATE		
20:00	20:30	YOGA 1H	TRAIN		30' EXPRESS	PILATES 1H	TRAIN	REAXING PADEL		YOGA 1H	TRAIN		30' EXPRESS	PILATES 1H	TRAIN	REAXING PADEL					30' EXPRESS	
20:45	21:15			ACTÍVATE					TRX 1H		RESETEA	30' EXPRESS			ACTÍVATE				TRX 1H	RESETEA	30' EXPRESS	
21:30	22:00				30' EXPRESS								30' EXPRESS									

* DAILY TRAIN

RESERVA HASTA 2 HORAS DE ENTRENAMIENTO LIBRE EN SALA FOCUS A TRAVÉS DE LA APP MYWELLNES PARA EVITAR AGLOMERACIONES. YA DISPONIBLE DESDE LA APERTURA AL CIERRE