

CARTUJA

CLUB

LUNES			MARTES			MIÉRCOLES			JUEVES			VIERNES		
HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA	HORA	ACTIVIDAD	SALA
7:45	30' EXPRESS	53 STUDIO	7:30	TRX	FOCUS	7:45	30' EXPRESS	53 STUDIO	7:30	TRX	FOCUS	7:15	TRIUMPH ZONE	FOCUS
8:30	PILATES GOLF	SOUL	8:30	YOGA	SOUL	8:30	PILATES GOLF	SOUL	8:30	YOGA	SOUL	8:30	STRETCHING	SOUL
9:15	TRAIN	FOCUS	9:00	30' EXPRESS	53 STUDIO	9:15	TRAIN	FOCUS	9:00	30' EXPRESS	53 STUDIO	9:00	REAXING GOLF	DYNAMIC ROOM
9:45	PILATES	SOUL	10:00	TRIUMPH ZONE	FOCUS	9:45	PILATES	SOUL	10:00	TRIUMPH ZONE	FOCUS	9:30	STRETCHING	SOUL
10:00	TRX	FOCUS	10:00	REAXING GOLF	DYNAMIC ROOM	10:00	TRX	FOCUS	10:00	REAXING GOLF	DYNAMIC ROOM	10:00	30' EXPRESS	53 STUDIO
10:00	30' EXPRESS	53 STUDIO	10:00	30' EXPRESS	53 STUDIO	10:00	30' EXPRESS	53 STUDIO	10:00	30' EXPRESS	53 STUDIO	10:45	10	FOCUS
10:45	RESETEA	DYNAMIC ROOM	10:45	TRX	FOCUS	10:45	RESETEA	DYNAMIC ROOM	10:45	TRX	FOCUS	11:00	ACTÍVATE	DYNAMIC ROOM
11:00	TRX	FOCUS	11:00	ACTÍVATE	DYNAMIC ROOM	11:00	TRX	FOCUS	11:00	ACTÍVATE	DYNAMIC ROOM	11:30	30' EXPRESS	53 STUDIO
11:00	CYCLING V.	53 STUDIO	11:00	CYCLING V.	53 STUDIO	11:00	CYCLING V.	53 STUDIO	11:00	CYCLING V.	53 STUDIO	17:00	RESETEA	DYNAMIC ROOM
11:30	STRETCHING	SOUL	12:00	PILATES	SOUL	11:30	STRETCHING	SOUL	12:00	PILATES	SOUL	17:45	TRX	FOCUS
11:45	ACTÍVATE	DYNAMIC ROOM	12:30	TRAIN	FOCUS	11:45	ACTÍVATE	DYNAMIC ROOM	12:30	TRAIN	FOCUS	18:45	PILATES	SOUL
12:00	TRIUMPH ZONE	FOCUS	14:15	PILATES	SOUL	12:00	TRIUMPH ZONE	FOCUS	14:15	PILATES	SOUL	18:45	CYCLING V.	53 STUDIO
12:30	STRETCHING	SOUL	14:30	TRIUMPH ZONE	FOCUS	12:30	STRETCHING	SOUL	14:30	TRIUMPH ZONE	FOCUS	20:00	TRIUMPH ZONE	FOCUS
13:00	CYCLING V.	53 STUDIO	16:30	YOGA	SOUL	13:00	CYCLING V.	53 STUDIO	16:30	YOGA	SOUL	SÁBADO		
14:15	YOGA	SOUL	17:00	CYCLING V.	53 STUDIO	14:15	YOGA	SOUL	17:00	CYCLING V.	53 STUDIO			
14:30	TRAIN	FOCUS	17:15	TRIUMPH ZONE	FOCUS	14:30	TRAIN	FOCUS	17:15	TRIUMPH ZONE	FOCUS			
16:30	RESETEA	DYNAMIC ROOM	18:00	TRAIN	FOCUS	16:30	RESETEA	DYNAMIC ROOM	18:00	TRAIN	FOCUS			
17:00	TRIUMPH ZONE	FOCUS	18:00	RESETEA	DYNAMIC ROOM	17:00	TRIUMPH ZONE	FOCUS	18:00	RESETEA	DYNAMIC ROOM	HORA	ACTIVIDAD	SALA
17:30	STRETCHING	SOUL	18:30	30' EXPRESS	53 STUDIO	17:30	STRETCHING	SOUL	18:30	30' EXPRESS	53 STUDIO	10:00	TRAIN	FOCUS
17:30	TRX	FOCUS	18:45	TRX	FOCUS	17:30	TRX	FOCUS	18:45	TRX	FOCUS	12:30	TRIUMPH ZONE	FOCUS
18:30	MOVE	FOCUS	19:00	REAXING PADEL	DYNAMIC ROOM	18:30	MOVE	FOCUS	19:00	REAXING PADEL	DYNAMIC ROOM	DOMINGO		
18:30	ACTÍVATE	DYNAMIC ROOM	19:30	PILATES GOLF	SOUL	18:30	ACTÍVATE	DYNAMIC ROOM	19:30	PILATES GOLF	SOUL			
19:15	30' EXPRESS	53 STUDIO	19:30	TRIUMPH ZONE	FOCUS	19:15	30' EXPRESS	53 STUDIO	19:30	TRIUMPH ZONE	FOCUS			
19:30	PILATES	SOUL	20:00	TRX	FOCUS	19:30	PILATES	SOUL	20:00	TRX	FOCUS			
20:00	TRX	FOCUS	20:00	CYCLING V.	53 STUDIO	20:00	TRX	FOCUS	20:00	CYCLING V.	53 STUDIO	HORA	ACTIVIDAD	SALA
20:15	CYCLING V.	53 STUDIO	20:15	ACTÍVATE	DYNAMIC ROOM	20:15	CYCLING V.	53 STUDIO	20:15	ACTÍVATE	DYNAMIC ROOM	10:00	TRAIN	FOCUS
												12:30	TRIUMPH ZONE	FOCUS

Reserva a través de la App MyWellness hasta 2 horas de entrenamiento libre para evitar aglomeraciones en (Daily Train) Sala Focus.

HORARIOS ACTIVIDADES MARZO

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