



LA PALMA PRINCESS

VITAL & FITNESS



TENEGUÍA PRINCESS

VITAL & FITNESS

ABIERTO/OPEN: 07.00H – 13.00H / 14.00H – 20.00H

	LUNES MONDAY	MARTES TUESDAY	MIERCOLES WEDNESDAY	JUEVES THURSDAY	VIERNES FRIDAY	SABADO SATURDAY	DOMINGO SUNDAY
07:00	GYM						
08:00	SALUDO AL SOL (YOGA)			/	WAKE UP		
09:00	FUNCTIONAL TRAINING	CORE	GAP	PUMP	FUNCTIONAL TRAINING	BOXEO	FUNCTIONAL TRAINING
10:00	YOGA					PILATES	PUMP
11:00	STEP	SPINNING	ZUMBA	SPINNING	TBT	ZUMBA	STEP
12:00	GYM						
14:00	GYM						
15:00	RUNNING	ZUMBA	STEP	GAP	CORE	CORE	SPINNING
16:00	ZUMBA	PILATES	PILATES	KICKBOXING	SPINNING	FUNCTIONAL TRAINING	ZUMBA
17:00	YOGA					SPINNING	PILATES
18:00	GYM						
19:00	GYM						