

# GYM

Entrenamiento virtual Aktiv 24/7, sujeto a disponibilidad.

Las clases deben reservarse con antelación. Horario sujeto a cambios y/o cancelación.

*24/7 Aktiv virtual training, subject to availability.*

*Classes must be booked in advance. Schedule subject to change and/or cancellation.*

LUNES <i>Monday</i>	MARTES <i>Tuesday</i>	MIÉRCOLES <i>Wednesday</i>	JUEVES <i>Thursday</i>	VIERNES <i>Friday</i>	SÁBADO <i>Saturday</i>	DOMINGO <i>Sunday</i>
Mañana   <i>Morning</i>						
Cardio/ Tone/Strecht 30+30+30 9h30 - 11h	Burn Gap 9h30 - 10h15	Cross Training 9h30 - 10h15	Pilates 9h30 - 10h15	Yoga 9h30 - 11h	Mobility 9h30 - 10h	Cross Training 9h30 - 10h15
	Core Strength 10h30 - 11h		Spin & Fit 10h30 - 11h15		Spin & Fit 10h30 - 11h15	
	Aqua SO/ Fit 13h - 13h45	Back care 10h30 - 11h15	Aqua SO/ Fit 13h - 13h45	Pilates 11h15 - 12h		
Tarde   <i>Afternoon</i>						
Core Strength 18h - 18h30	Mobility 18h - 18h30	Yoga 18h30 - 20h	Cardio/ Tone/ Strecht 30+30+30 18h30 - 19h30	SO/ Well Circuit 18h30 - 19h15		
Chi Kung (Qi gong) 18h30 - 19h45	Cross Training 19h - 19h45					