

SCHEDULE - GUESTS

HOURS / DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 8:00	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH
8:00 - 9:00	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH
9:30 - 10:30	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH
9:30 - 11:00*	HATHA YOGA*				
10:30 - 11:30	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH
11:30 - 12:30	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH
16:00 - 17:00	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH
17:00 - 18:00	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH
18:00 - 19:00	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH CARDIO CORE	FUNCTIONAL & STRENGTH CYCLING	FUNCTIONAL & STRENGTH CARDIO CORE	FUNCTIONAL & STRENGTH VINYASA YOGA ENERGY* CARDIO CORE
19:00 - 20:00	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH BAILE LATINO	FUNCTIONAL & STRENGTH CARDIO CORE	FUNCTIONAL & STRENGTH BAILE LATINO	FUNCTIONAL & STRENGTH CYCLING
19:00 - 20:30			VINYASA YOGA*		
20:00 - 21:00	FUNCTIONAL & STRENGTH	FUNCTIONAL & STRENGTH			

*Private session: €55. Semi-private session (3 people): €35 per person. Small group session (maximum 6 people): €25 per person. DGuests have free access to the gym area, with prior reservation required for both classes and gym access.