

JUNIO 2022



CAP VERMELL
COUNTRY CLUB

Sport, lifestyle & more

HOURS	LUNES MONDAY MONTAG	MARTES TUESDAY DIENSTAG	MIERCOLES WEDNESDAY MITTWOCH	JUEVES THURSDAY DONNERSTAG	VIERNES FRIDAY FREITAG	SABADO SATURDAY SAMSTAG	DOMINGO SUNDAY SONNTAG
08:00 / 09:00	YOGA (Satynanda)		SPIN & FIT 30'+30'	YOGA (Satynanda)	GAP 30		
	LES MILLS CORE						
09:00 / 10:00						YOGA (Satynanda)	
09:30 / 10:30	GROUP CYCLING	BODY PUMP	PILATES				CROSSTRaining
10:00 / 11:00						GROUP CYCLING	
10:30 / 11:10	AQUAFITNESS	ESPALDA SANA 45'	AQUAFITNESS	ESPALDA SANA 45'	AQUAFITNESS		GROUP CYCLING
11:10 / 11:50							
11:00 / 12:00						BODY PUMP	
11:30 / 12:30							PILATES
12:00 / 13:00						PILATES	
13:30 / 14:30	CROSSTRaining	GROUP CYCLING	CROSSTRaining	GROUP CYCLING	SPIN & FIT 30'+30'		
14:30 / 15:30							
16:00 / 17:00			YOGA (Satynanda)				
			LES MILLS CORE				
17:00 / 18:00	PILATES	AQUAFITNESS	PILATES	AQUAFITNESS	PILATES		
		ZUMBA		ZUMBA			
17:30 / 18:30						AQUAFITNESS	ESPALDA SANA 45'
18:00 / 18:30							
18:00 / 19:00	BODY PUMP	YOGA (Satynanda)	BODY PUMP	YOGA (Satynanda)	BODY PUMP		
		LES MILLS CORE		LES MILLS CORE	YOGA (Satynanda)		
19:00 / 20:00	CROSSTRaining	PILATES	CROSSTRaining	PILATES	CROSSTRaining		
			GROUP CYCLING				
20:00 / 21:00	GROUP CYCLING	CROSSTRaining		CROSSTRaining			