

NOVIEMBRE 2023



**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	LES MILLS CORE		SPIN & FIT 30'+30'	YOGA [Satynanda]	GAP 30	CROSSTRaining	
	YOGA [Satynanda]						
08:15 / 09:15	ABDOMINALES Y GLÚTEOS	FUNCTIONAL TRAINING	CROSSTRaining	FUNCTIONAL TRAINING			
09:00 / 10:00		YOGA [Satynanda]	YOGA [Satynanda]			ESPALDA SANA 45'	
						YOGA [Satynanda]	
09:30 / 10:30	GROUP CYCLING	BODY PUMP	PILATES	ESPALDA SANA 45'	PILATES		CROSSTRaining
10:00 / 11:00						GROUP CYCLING	
10:30 / 11:10	AQUAFITNESS	ESPALDA SANA 45'	AQUAFITNESS	ESPALDA SANA 45'	AQUAFITNESS		GROUP CYCLING
11:00 / 12:00						BODY PUMP	
11:30 / 12:10		ESPALDA SANA 45'			ESPALDA SANA 45'		
11:30 / 12:30	PILATES						PILATES
12:00 / 13:00						PILATES	
12:30 / 13:30							PILATES
13:30 / 14:30	CROSSTRaining	GROUP CYCLING	CROSSTRaining	GROUP CYCLING	SPIN & FIT 30'+30'		
16:00 / 17:00	YOGA [Satynanda]		YOGA [Satynanda]				
			LES MILLS CORE				
17:00 / 18:00	PILATES	AQUAFITNESS	PILATES	AQUAFITNESS	PILATES		
		ZUMBA		ZUMBA			
		PILATES					
17:30 / 18:30						AQUAFITNESS	ESPALDA SANA 45'
18:00 / 19:00	BODY PUMP	BODY PUMP	BODY PUMP	BODY PUMP	BODY PUMP		
	ESPECIAL ZUMBA	YOGA [Satynanda]	FUNCTIONAL TRAINING	YOGA [Satynanda]	ESPECIAL ZUMBA		
		LES MILLS CORE		LES MILLS CORE	YOGA [Satynanda]		
18:30 / 19:30						PILATES	SPIN & FIT 30'+30'
19:00 / 20:00	CROSSTRaining	PILATES	CROSSTRaining	PILATES	CROSSTRaining		
	GROUP CYCLING		GROUP CYCLING				
	PILATES		PILATES				
20:00 / 21:00		CROSSTRaining		CROSSTRaining			