



CAP VERMELL  
COUNTRY CLUB

AGOSTO 2018

HOURS	LUNES MONDAY / MONTAG	MARTES TUESDAY / DIENSTAG	MIERCOLES WEDNESDAY / MITTWOCH	JUEVES THURSDAY / DONNERSTAG	VIERNES FRIDAY / FREITAG	SABADO SATURDAY / SAMSTAG	DOMINGO SUNDAY / SONNTAG
07:30 / 08:30		YOGA (( Park Hyatt ))				YOGA (( Park Hyatt))	
08:00 / 09:00	YOGA (Satynanda)						
08:30 / 09:30				YOGA (Vinyasa)			
09:00 / 10:00						YOGA (Satynanda)	
09:30 / 10:30	GROUP CYCLING	BODY PUMP	AXÉ (CoreoFitness)	GROUP CYCLING	CROSSTRaining		BODY PUMP
10:00 / 11:00					YOGA (Vinyasa)	GROUP CYCLING	
10:30 / 11:30	AQUAFITNESS		AQUAFITNESS	CROSSTRaining	AQUAFITNESS		GROUP CYCLING
11:00 / 12:00						BODY PUMP	
11:30 / 12:30							
12:00 / 13:30						RITMOS LATINOS	
13:30 / 14:30	BODY PUMP	GROUP CYCLING	SPIN & FIT 30'+30'	BODY PUMP	SPIN & FIT 30'+30'		
14:00 / 15:00							
15:00 / 16:00							
16:00 / 17:00			YOGA (Satynanda)				
17:00 / 18:00	PILATES	AXÉ (CoreoFitness)	PILATES	CROSSTRaining	PILATES		GROUP CYCLING
17:30 / 18:30						AQUAFITNESS	
18:00 / 19:00	BODY PUMP	SPIN & FIT 30'+30'	BODY PUMP	SPIN & FIT 30'+30'	BODY PUMP		
		YOGA (Vinyasa)			YOGA (Satynanda)		
18:30 / 19:30							
19:00 / 20:00	GROUP CYCLING	AQUAFITNESS	CROSSTRaining	AQUAFITNESS	AXÉ (CoreoFitness)		
20:00 / 21:00	CROSSTRaining	CROSSTRaining	GROUP CYCLING	PILATES			
21:00 / 22:00							

[www.capvermellcountryclub.com](http://www.capvermellcountryclub.com)