

WELLNESS

workout



PROGRAMA DE EJERCICIOS/ EXERCISES PROGRAM

Lunes / Monday

Yoga Aéreo / Aerial Yoga | 8:00 am (Yoga Studio)
Jumping Fitness | 9:30 am (Gazebo)

Martes / Tuesday

Hatha Yoga | 8:00 am (Yoga Studio)
Power Pilates | 9:30 am (Yoga Studio)

Miércoles / Wednesday

Yoga Aéreo / Aerial Yoga | 8:00 am (Yoga Studio)
Jumping Fitness | 9:30 am (Gazebo)

Jueves / Thursday

Hatha Yoga | 8:00 am (Yoga Studio)
Power Pilates | 9:30 am (Yoga Studio)

Viernes / Friday

Yoga Aéreo / Aerial Yoga | 8:00 am (Yoga Studio)
Sonidos de Sanación / Sound Therapy | 10:00 am (Yoga Studio)

Sábado / Saturday

Baile Fitness / Fitness Dance | 8:15 am (Yoga Studio)

Para reservaciones por favor contactar a su concierge personal
For reservation please contact your personal concierge