

WELLNESS *workout*



PROGRAMA DE EJERCICIOS/ *EXERCISES PROGRAM*

Lunes / Monday

Yoga Aéreo / Aerial Yoga | 8:00 am (Yoga Studio)

Miércoles / Wednesday

Power Pilates | 8:00 am (Yoga Studio)

Viernes / Friday

Yoga Aéreo / Aerial Yoga | 8:00 am (Yoga Studio)

Sábado / Saturday

Baile Fitness / Fitness Dance | 8:00 am (Yoga Studio)

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