

GYM BOUTIQUE

GOLF PERALADA

TIMETABLE GYM CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 – 10:30	CARDIO PUMP	FUNCTIONAL	CARDIO PUMP	ABT (Abs, Butt, Thights)	CARDIO PUMP
10:30 – 11:20	CORE / STRETCH	ABT (Abs, Butt, Thights)	CORE / STRETCH	FUNCTIONAL	CORE / STRETCH
18:30 – 19:20	FUNCTIONAL	TONIFICATION BODY / CORE	BODY COMPLET	PILATES	ABT (Abs, Butt, Thights)
19:30 – 20:20	PILATES	CARDIO DANCE	ABT / HIPOPRESSIVES	FUNCTIONAL	FUNCTIONAL