

GRAND VELAS | Riviera Maya

GYM AMBASSADOR

De lunes a domingo / *Open every day*

LUNES/MONDAY

Yoga - 7:00 hrs.
Clínica de abs / *Ab Clinic* - 9:00 hrs.

MARTES/TUESDAY

Cardio - 7:00 hrs.
Yoga - 15:00 hrs.
Pilates avanzado / Advanced Pilates
17:00 hrs.

MIÉRCOLES/WEDNESDAY

Yoga - 7:00 hrs.
Salsa - 9:00 hrs.
Yoga - 17:00 hrs.

JUEVES/THURSDAY

Abs - 9:00 hrs.
Yoga - 15:00 hrs.
Pilates - 17:00 hrs.

VIERNES/FRIDAY

Yoga - 7:00 hrs.
Merengue - 9:00 hrs.
Pilates para principiantes / Beginning Pilates
15:00 hrs.

SÁBADO/SATURDAY

Cardio-abs - 7:00 hrs.
Yoga - 15:00 hrs.
Pilates avanzado / Advanced Pilates
17:00 hrs.

DOMINGO/SUNDAY

Yoga - 8:00 hrs.
Pilates para principiantes / Beginning Pilates
9:00 hrs.

GYM ZEN

De lunes a domingo / *Open every day*

LUNES/MONDAY

Total Workout - 8:00 hrs.
Abs - glúteos / *Abs - Glutes* - 17:00 hrs.
Zumba - 18:00 hrs.

MARTES/TUESDAY

Abs - 7:00 hrs.
Stretching - 9:00 hrs.
Cardio Kick - 18:00 hrs.

MIÉRCOLES/WEDNESDAY

Cardio Kick - 8:00 hrs.
Abs - glúteos / *Abs - Glutes*
17:00 hrs.
Zumba - 18:00 hrs.

JUEVES/THURSDAY

Abs - 7:00 hrs.
Stretching - 9:00 hrs.
Cardio Kick - 18:00 hrs.

VIERNES/FRIDAY

Total Workout - 8:00 hrs.
Abs - glúteos / *Abs - Glutes*
17:00 hrs.
Zumba - 18:00 hrs.

SÁBADO/SATURDAY

Cardio - 7:00 hrs.
Abs - 9:00 hrs.

DOMINGO/SUNDAY

Cardio Kick - 7:00 hrs

Abierto de 6:00 a 22:00 hrs.

Favor de presentarse en el gimnasio para tomar sus clases. Niños entre 12 a 16 años deberán estar acompañados por un adulto.

Open every day from 6:00am to 10:00pm

Meeting place for classes is at the gym. Minors age 12-16 must be accompanied by an adult.