

GYM
AMBASSADOR

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LUNES MONDAY	Yoga 7:00 a.m. Clínica de abdomen <i>Abs Clinic</i> 9:00 a.m.
MARTES TUESDAY	Pilates 7:00 a.m. Zumba 9:00 a.m.
MIÉRCOLES WEDNESDAY	Zumba 7:00 a.m. Clínica de abdomen <i>Abs Clinic</i> 9:00 a.m.
JUEVES THURSDAY	Sunrise Yoga (playa <i>beach</i>) 7:00 a.m. Salsa 9:00 a.m.
VIERNES FRIDAY	Boot Camp (playa <i>beach</i>) 7:00 a.m. Yoga 9:00 a.m.
SÁBADO SATURDAY	Sunrise Yoga (playa <i>beach</i>) 7:00 a.m. Zumba 9:00 a.m.
DOMINGO SUNDAY	Tonificación <i>Body Toning</i> 7:00 a.m. Fit Ball 9:00 a.m.

Niños entre 12 y 16 años de edad deberán estar acompañados por un adulto.
Las clases se imparten en el gimnasio. Abierto diariamente de 6:00 a.m. a 10:00 p.m.

*Teens ages 12 to 16 must be accompanied by an adult.
Classes are held daily in the gymnasium from 6:00 a.m. to 10:00 p.m.*