

GYM

SOUND BODY™ BY HARD ROCK

body : rock®

HARD ROCK HOTEL CANCUN

TIME HORA	MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIÉRCOLES	THURSDAY JUEVES	FRIDAY VIERNES	SATURDAY SÁBADO	SUNDAY DOMINGO
8:00 AM	AB WORKOUT (BODY ROCK)	AB WORKOUT (BODY ROCK)	AB WORKOUT (BODY ROCK)	AB WORKOUT (BODY ROCK)	AB WORKOUT (BODY ROCK)	AB WORKOUT (BODY ROCK)	AB WORKOUT (BODY ROCK)
09:00 AM	TABATA (BODY ROCK)	TABATA (BODY ROCK)	TABATA (BODY ROCK)		TABATA (BODY ROCK)	TABATA (BODY ROCK)	TABATA (BODY ROCK)
10:00 AM	STRETCHING CLASS CLASE DE ESTIRAMIENTO BEACH / PLAYA	ROCK OM (YOGA) BEACH / PLAYA	BEACH WALK CAMINATA EN LA PLAYA	STRETCHING CLASS CLASE DE ESTIRAMIENTO BEACH / PLAYA	ROCK OM (YOGA) FT LIVE DJ BEACH / PLAYA	BEACH WALK CAMINATA EN LA PLAYA	STRETCHING CLASS CLASE DE ESTIRAMIENTO BEACH / PLAYA
10:00 AM	TRX (BODY ROCK)	TRX (BODY ROCK)	TRX (BODY ROCK)		TRX (BODY ROCK)	TRX (BODY ROCK)	TRX (BODY ROCK)
11:00 A.M.	AQUA SPINNING (POOL/ALBERCA)	GAP (BODY ROCK)	POOL JUMP FIT (POOL/ALBERCA)		AQUA SPINNING (POOL/ALBERCA)	GAP (BODY ROCK)	GAP (BODY ROCK)
12:00 PM	AQUA FIT (POOL/ALBERCA)	AQUA ZUMBA (POOL/ALBERCA)	AQUA FIT (POOL/ALBERCA)	AQUA ZUMBA (POOL/ALBERCA)	AQUA FIT (POOL/ALBERCA)	AQUA FIT (POOL/ALBERCA)	AQUA ZUMBA (POOL/ALBERCA)

Please be advised that the Schedule is subject to change without further notice.
Por favor, tenga en cuenta que el horario está sujeto a cambios sin previo aviso