



DUQUESA GOLF

WELLNESS PROGRAM

Lunes/Monday	Martes/Tuesday	Miércoles/Wednesday		Jueves/Thursday	Viernes/Friday		Sábado/Saturday
Yoguilaes (9:30-10:15hs) Sala 2	Yoga (9:30-10:30hs) Sala 2	Flow (9:30-10:15hs) Sala 2		Reformer (9:30-10:30hs) Sala 1	Yoga (9:30-10:30hs) Sala 2	Reformer (9:30-10:30hs) Sala 1	
Back Care (10:30-11:00hs) Sala 2	Core (10:45-11:15hs) Sala 2	Golf Stretch (10:30-11:00hs) Sala 2		Pilates (10:45-11:45hs) Sala 2	Pilates (10:45-11:45hs) Sala 2		Flow (10:00-10:45hs) Sala 2
Flow (11:15-12:00hs) Sala 2	Reformer (11:00-12:00hs) Sala 1	Yoga (11:00-12:00hs) Sala 2	Reformer (11:00-12:00hs) Sala 1				Core (11:00-11:30hs) Sala 2
Core (12:15-12:45hs) Sala 2	Golf Stretch (11:30-12:00hs) Sala 2	Back Care (12:15-12:45hs) Sala 2		Yoga (12:00-13:00hs) Sala 2	Reformer (12:00-13:00hs) Sala 1	Yoga (12:00-13:00hs) Sala 2	Golf Stretch (11:45-12:15hs) Sala 2
Flow (14:30-15:15hs) Sala 2	Pilates (12:00-13:00hs) Sala 2	Reformer (14:30-15:30hs) Sala 2		Pilates (14:30-15:30hs) Sala 2		Back Care (13:00-13:30hs) Sala 2	
Core (16:00-16:30hs) Sala 2	Yoga (14:30-15:30hs) Sala 2	Pilates (16:00-17:00hs) Sala 2		Yoguilaes (16:00-17:00hs) Sala 2	Reformer (16:00-17:00hs) Sala 1	Yoga (14:30-15:30hs) Sala 2	
Golf Stretch (16:45-17:15hs) Sala 2	Yoga (16:00-17:00hs) Sala 2						
Yoguilaes (17:30-18:15hs) Sala 2	Reformer (17:00-18:00hs) Sala 1	Flow (17:00-17:45hs) Sala 2		Back Care (17:00-17:30hs) Sala 2			
	Pilates (18:00-19:00hs) Sala 2	Yoguilaes (18:00-18:45hs) Sala 2		Yoga (18:00-19:00hs) Sala 2			

* Clases Reformer Pilates Grupal no incluido en la cuota Abono Bienestar
* Group Reformer Pilates classes not included in the Wellness Pack

Horario sujeto a cambios y/o cancelación.
Schedule subject to changes and/or cancellation.