



TIME	29 LUNES MONDAY	30 MARTES TUESDAY	1 MIERCOLES WEDNESDAY	2 JUEVES THURSDAY	3 VIERNES FRIDAY	4 SABADO SATURDAY	5 DOMINGO SUNDAY
8:15	<b>BODY SCULPT</b> Marisa	<b>FULL BODY WORKOUT</b> Marisa	<b>CARDIO &amp; CORE</b> Marisa	<b>CROSSTRAINING</b> Marisa	<b>SPINNING 30'</b> Marisa		
9:15	<b>TRX</b> Marisa	<b>PILATES</b> Marisa	<b>SPINNING 30'</b> Marisa	<b>GAP</b> Marisa	<b>FIT PILATES</b> Marisa	<b>YOGA</b> Joaquín	
10:15	<b>CORE 30'</b> Marisa	<b>CARDIO 30'</b> Marisa	<b>STRETCH &amp; MOBILITY 30'</b> Marisa	<b>SPINNING 30'</b> Marisa	<b>HYPOPRESSIVE TRAINING</b> Marisa	<b>SPINNING</b> Joaquín	
11:00							
16:15	<b>SPINNING 45'</b> Joaquín	<b>CROSSTRAINING</b> Joaquín	<b>PILATES</b> Joaquín	<b>FUNCTIONAL TRAINING</b> Joaquín			
17:15	<b>PILATES</b> Joaquín	<b>GAP</b> Joaquín	<b>TRX</b> Joaquín	<b>YOGA</b> Joaquín			
18:15		<b>SPINNING 30'</b> Joaquín		<b>SPINNING 45'</b> Joaquín			
19:30	<b>HIIT 30'</b> Joaquín	<b>STRETCH &amp; MOBILITY 30'</b> Joaquín	<b>CARDIO HIIT 30'</b> Joaquín	<b>CORE 30'</b> Joaquín			

Entrenamiento Completo Entrenamiento de Fuerza Fuerza & Cardio Entrenamiento Cardiovascular  
Full Body Training Strength Training Strength & Cardiovascular Training Cardiovascular Training

Es necesario reservar las clases con antelación. Una posible cancelación se debe avisar lo antes posible. En caso de no hacerlo, tendrá una penalización en próximas reservas. Pueden realizar sus reservas a través de nuestro e-mail (info@lmctennis.com) o número de teléfono (968 970 704).

Todas las actividades requieren un mínimo de 2 personas.

Bookings have to be booked in advance. Class cancellation or no show will have a penalty.

You can make your reservations through our e-mail (info@lmctennis.com) or phone number (+34 968 970 704).

A minimum of 2 people is required to run any activities.

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# The Racquets Club



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 Todas las actividades requieren un mínimo de 2 personas.

TIME	6 LUNES MONDAY	7 MARTES TUESDAY	8 MIERCOLES WEDNESDAY	9 JUEVES THURSDAY	10 VIERNES FRIDAY	11 SABADO SATURDAY	12 DOMINGO SUNDAY
8:15	<b>BODY SCULPT</b> Marisa <b>SPINNING</b> Eli	<b>SPINNING</b> Eli	<b>CARDIO &amp; CORE</b> Eli <b>BODY SCULPT</b> Marisa	<b>CROSSTRAINING</b> Eli <b>TRX</b> Marisa	<b>SPINNING 30'</b> Marisa		
9:15	<b>TRX</b> Eli	<b>PILATES</b> Marisa	<b>SPINNING</b> Eli	<b>GAP</b> Eli	<b>FIT PILATES</b> Marisa	<b>YOGA</b> Joaquín	
10:15	<b>CORE 30'</b> Marisa	<b>EXPRESS BODY SCULPT</b> Eli <b>CARDIO 30'</b> Marisa	<b>STRETCH &amp; MOBILITY 30'</b> Marisa	<b>SPINNING 30'</b> Marisa	<b>HYPOPRESSIVE TRAINING</b> Marisa	<b>SPINNING</b> Joaquín	
11:00							
16:15	<b>SPINNING</b> Joaquín	<b>CROSSTRAINING</b> Joaquín	<b>PILATES</b> Joaquín	<b>FUNCTIONAL TRAINING</b> Joaquín	<b>BODY SCULPT</b> Joaquín		
17:15	<b>PILATES</b> Joaquín	<b>GAP</b> Joaquín	<b>TRX</b> Joaquín	<b>YOGA</b> Joaquín			
18:15		<b>SPINNING 30'</b> Joaquín		<b>SPINNING</b> Joaquín			
19:30	<b>HIIT 30'</b> Joaquín	<b>STRETCH &amp; MOBILITY 30'</b> Joaquín	<b>CARDIO HIIT 30'</b> Joaquín	<b>CORE 30'</b> Joaquín	<b>STRETCH &amp; MOBILITY 30'</b> Joaquín		

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# GYM ACTIVITIES DESCRIPTIONS

<b>SPINING</b>	Spinning, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting.
<b>CARDIO HIIT</b>	High Intensity Interval Training sessions are commonly called HIIT workouts. This type of training involves repeated bouts of high intensity effort followed by varied recovery times. Focus on cardiovascular training.
<b>HIIT 30'</b>	30' High Intensity Interval Training.
<b>EXPRESS TRAINING</b>	30' Specific Strength Training.
<b>GAP</b>	Glutes, Abs & Core Training.
<b>GLUTEO ON FIRE 30'</b>	30' Specific Glutes Training.
<b>STRENGTH BODY SCULPT</b>	Body sculpting, also called weight training, resistance training or strength training, is a form of exercise which uses external weight or resistance or your own body weight to stress the muscles. The end result is newly toned or sculpted muscles. Body sculpting can help you get in shape, tone the body and lose weight.
<b>TOTAL BODY</b>	Total body conditioning classes incorporate strength exercises and cardio segments using equipment such as dumbbells, body bars, and bands for a total body workout.
<b>ABS ON FIRE 30'</b>	30' core training.
<b>FUNCTIONAL TRAINING</b>	Functional training increases coordination, balance, posture and flexibility. Functional exercises emphasise a wide range of motions, and each move makes you start and finish in a position where your muscles are working in their natural range. Resistance plus flexibility produces mobility.
<b>CIRCUIT TRAINING</b>	Circuit training is a combination of exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time. One circuit is when all of the chosen exercises have been completed. Multiple circuits can be performed in one training session.
<b>HIPOPRESIVOS</b>	Hypopressive Exercises are a type of workout technique meant for activating the involuntary fibers within your pelvic floor. They also work the abdominal muscles that function as your body's self-girdle and bra (abdominal oblique and transverse).
<b>HATHA YOGA</b>	A yoga class described as 'Hatha' will typically involve a set of physical postures (yoga poses) and breathing techniques, practised more slowly and with more static posture holds than perhaps a Vinyasa flow or Ashtanga class. Hatha yoga is about finding balance.
<b>DEEP STRETCH MOBILITY</b>	Stretching session which improves elasticity.
<b>PILATES</b>	Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Similar to Yoga, Pilates concentrates on posture, balance and flexibility.
<b>FITNESS PILATES</b>	More powerful pilates that improves physical condition.
<b>STRETCH &amp; MOBILITY</b>	Stretching is a training method that improves flexibility. Mobility is a fitness attribute that is a combination of flexibility and strength.