



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



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

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GYM ACTIVITIES DESCRIPTIONS

SPINING	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.
CARDIO HIIT	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.
HIIT 30'	30' High Intensity Interval Training.
EXPRESS TRAINING	30' Specific Strength Training.
GAP	Glutes, Abs & Core Training.
GLUTEO ON FIRE 30'	30' Specific Glutes Training.
STRENGTH BODY SCULPT	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.
TOTAL BODY	Total body conditioning classes incorporate strength exercises and cardio segments using equipment such as dumbbells, body bars, and bands for a total body workout.
ABS ON FIRE 30'	30' core training.
FUNCTIONAL TRAINING	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.
CIRCUIT TRAINING	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.
HIPOPRESIVOS	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).
HATHA YOGA	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.
DEEP STRETCH MOBILITY	Stretching session which improves elasticity.
PILATES	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.
FITNESS PILATES	More powerful pilates that improves physical condition.
STRETCH & MOBILITY	Stretching is a training method that improves flexibility. Mobility is a fitness attribute that is a combination of flexibility and strength.