

# SUMMER ACTIVITIES AT DON CARLOS RESORT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
10:00		NIKKI MIND 2	NIKKI ZEN 2		NIKKI FUNCTIONAL 2	10:00
10:30	SC CYCLING 2	OM PILATES 2	SC CYCLING 2	OM PILATES 2	SC CYCLING 2	10:30
11:30	OM BALANCE 2		OM BALANCE 2		OM BALANCE 2	11:30
12:30	BC ACUAGYM 2	BC ACUAGYM 2	BC ACUAGYM 2	BC ACUAGYM 2	BC ACUAGYM 2	12:30
13:15	BC LATINOS 2		BC LATINOS 2			18:00
19:00	F7 FUTBOL 3		F7 FUTBOL 3		F7 FUTBOL 3	19:00

PUNTO DE ENCUENTRO: RECEPCION DE TENNIS & SPORTS CLUB DON CARLOS

MEETING POINT: RECEPTION OF TENNIS & SPORTS CLUB DON CARLOS

## NIVEL / LEVEL

- 1 BASIC
- 2 INTERMEDIATE
- 3 ADVANCE
- 4 EXPERT

	FUERZA / STRECH
	CARDIO
	CUERPO-MENTE / MIND & BODY

OM SALA OMBU  
 F7 CAMPO DE FUTBOL  
 SC SALA DE INDOOR CYCLING  
 SF SALA DE FITNESS

NIKKI NIKKI BEACH

## SATURDAYS

11:00 OM PILATES  
 12:30 BC ACUAGYM  
 13:15 BC LATINOS

## SUNDAYS

11:00 OM BALANCE  
 12:30 BC ACUAGYM  
 13:15