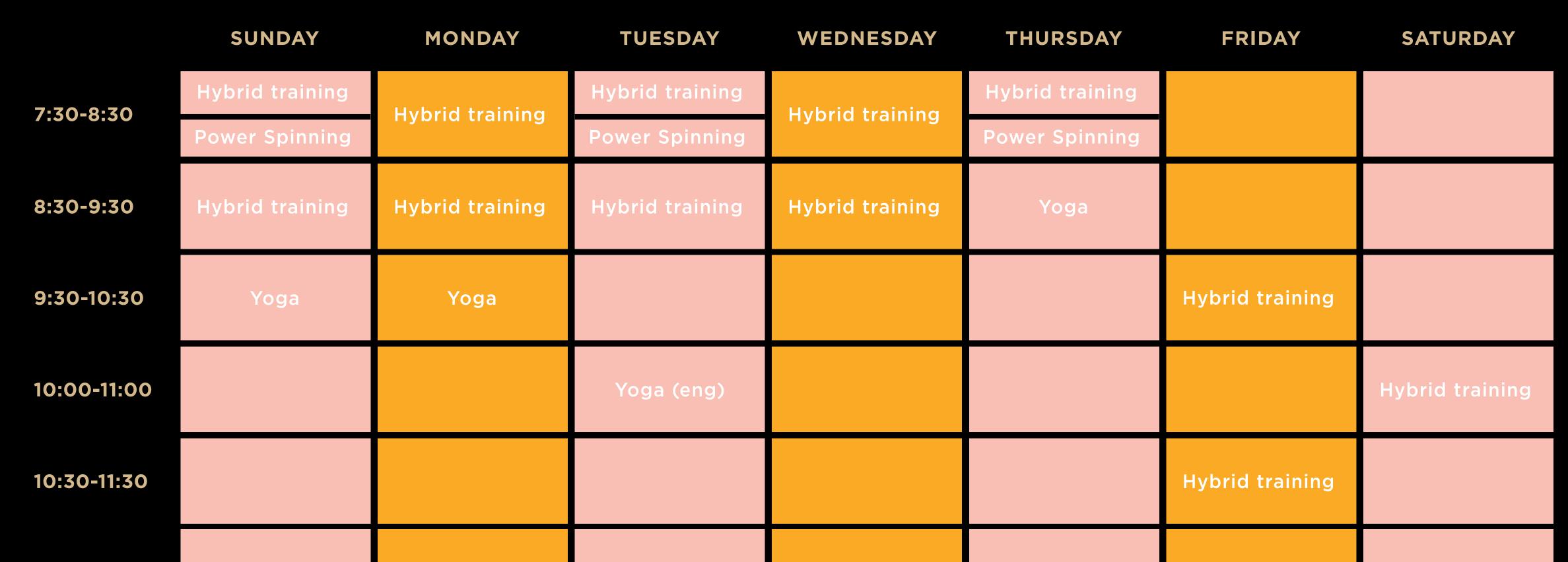
## CLASSES SCHEDULE



17:00-18:00	Pilates	*Boxing	Strength & Tone		Pilates	
18:00-19:00	Hybrid training					
	Power Spinning		Power Spinning		*Boxing	
19:00-20:00	Hybrid training					
20:00-21:00		Yoga	Pilates			

\*Participation at extra charge \*Access to the training is conditional upon pre-registration

\*Hybrid training is a mixed fitness program that combines cardio and strength training

methods in high intensity with lots of mobility drills to recover and restore your body

**OPENING HOURS** SUNDAY-THURSDAY 06:30-22:00 FRIDAY 07:00-19:00 SATURDAY 08:00-19:00

> PUBLICA CityClub





