

rock  om

# SOUND BODY™ BY HARD ROCK

body  rock

Aug. 31st to 6th September  
Del 31 al 6 de Septiembre

| Time:<br>Hora: | Monday<br>Lunes                    | Tuesday<br>Martes       | Wednesday<br>Miércoles  | Thursday<br>Jueves                  | Friday<br>Viernes | Saturday<br>Sábado                 | Sunday<br>Domingo                  |
|----------------|------------------------------------|-------------------------|-------------------------|-------------------------------------|-------------------|------------------------------------|------------------------------------|
| 08:30          |                                    | Yoga<br>At Yoga Temple  | Yoga<br>At Terraza azul | Yoga<br>At Yoga Temple              |                   |                                    | HIIT Sunrise<br>At Bodyrock 7:00AM |
| 10:00          | Functional Training<br>At Bodyrock | Spinning<br>At Bodyrock |                         | Shadow Kickboxing<br>At Yoga Temple |                   | Functional Training<br>At Bodyrock | Spinning<br>At Bodyrock            |

DON'T MISS OUT ON YOUR BODY ROCK, **LIMITED AVAILABILITY!**

**BOOK YOUR CLASSES AT BODY ROCK OR CALL US AT EXTENSION 4067.**

¡NO TE QUEDES SIN LUGAR, **CUPO LIMITADO!**

**RESERVA TUS CLASES EN BODY ROCK O LLAMANOS A LA EXTENSIÓN 4067.**

**BODY ROCK ABIERTO TODOS LOS DÍAS DE 6AM A 6PM**

**BODY ROCK OPEN EVERY DAY FROM 6AM TO 6PM**