

What's on this week at La Cala Resort? ¿Qué hacer esta semana en La Cala Resort?

HORARIO	LUGAR	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
Time	Place	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:00 - 09:50	Clubhouse				HIIT FIT		
10:00 - 10:50	Clubhouse		Cycling	Cycling	Cycling	Cycling	Cycling
11:00 - 11:50	Clubhouse	Cycling	GAP/ LBT	Upper body + CORE	Total Body Workout	Functional training	Pilates
12:00 - 12:50	Clubhouse	Tren superior/ Upper body + CORE	Pilates	Stretch-Kung	Pilates Suelo / Mat Pilates	Stretching	Spirit
13:00 - 13:50	Clubhouse	Relaxing + Stretching					
17:00 - 17:50	Outdoor		Body-Mind	Spirit	Estiramientos/ Stretching	Pilates	Total body Workout

