

SCHEDULE 2018

H. Apertura:
09:00 - 21:00 H.

Camí des Molí, 10
07820 Sant Antoni de Portmany
Ibiza, Balears

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www.beachboxgym.com



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 10:00							
10:00 - 11:00	X Fit	Fuctional Training	X Fit	ABS 30'	Cardio Training	ABS 30'	
11:00 - 12:00	Cardio Training	X Fit	Cardio Training	Fuctional Training	X Fit	Fuctional Training	
12:00 - 13:00	STRECH 30'	ABS 30'	Ultimate bikini by Mirella 12:30 - 13:30	X Fit	STRECH 30'	X Fit	
13:00 - 14:00							
14:00 - 15:00							
15:00 - 16:00							
16:00 - 17:00							
17:00 - 18:00							
18:00 - 19:00	Cardio Training	ABS 30'	X Fit	Fuctional Training		Fuctional Training	
19:00 - 20:00	X Fit	Fuctional Training	Cardio Training	X Fit	Cardio Training	X Fit	
20:00 - 21:00	STRETCH 30'	X Fit	STRETCH 30'	ABS 30'	X Fit	STRETCH 30'	
21:00 - 22:00							