

GYM SCHEDULE

1-31 DECEMBER 2018

GLOWCLUB

FITNESS • BEAUTY

PUERTO BANÚS

ACTIVITIES IN ROOM						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:45-9:15 ROOM FITNESS		FIT GLOW CIRCUIT				
09:30-10:30	CARDIO-TONING	TONING STYLE	TONING STYLE	TONING STYLE	CARDIO-TONING	
09:30-10:30 ROOM 2			ZUMBA			
09:30-10:15	SPINNING	CICLO	SPINNING	CICLO	SPINNING	CICLO INDOOR (10:00-10:45)
10:30-11:30	CICLO	CICLO	VISUAL CICLO	CICLO	CICLO	CICLO INDOOR (11:00-11:45)
10:30-11:30	PILATES	YOGA (75')	PILATES	YOGA (75')	ZUMBA	TONING STYLE
12:30-13:30	FREE VISUAL CICLO					
14:30-15:30 ROOM FITNESS		FIT GLOW CIRCUIT				
16:30-17:30	KICKBOXING K9 (7-11 YEARS)		KICKBOXING K9 (7-11 YEARS)			
17:30-18:30 ROOM 2			DANCE (8-13 YEARS)			
18:00-19:00	TONING STYLE	CARDIO BOX	CARDIO-TONING	CARDIO BOX	TONING STYLE (18:15-19:15)	
19:00-20:00	YOGA (75')	LES MILLS	GLOW CIRCUIT	YOGA (75')		
19:15-20:15	CICLO	CICLO INDOOR	CICLO	CICLO INDOOR	VISUAL CICLO	

ACTIVITIES IN SWIMMING POOL						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08:30-09:30	ADULTS FREESTYLE					
09:30-10:15						SWIMMING LEVEL 0A & 2A
10:00-10:45		ADVANCED AQUATRaining		ADVANCED AQUATRaining		
10:20-11:10						SWIMMING LEVEL 1A & 3A
11:00-11:45	AQUAGYM (45')	AQUAGYM (45')	AQUAGYM (45')	AQUAGYM (45')	AQUAGYM (45')	
11:15-12:00						AQUAGYM (45')
12:00-15:30	FAMILY FREESTYLE					
16:40-17:25	SWIMMING LEVEL 0B & 1B	SWIMMING LEVEL 0A & 2A	SWIMMING LEVEL 1D & 3B	SWIMMING LEVEL 0B & 1B	SWIMMING LEVEL 1D & 3B	
17:35-18:20	SWIMMING LEVEL 1C & 4	SWIMMING LEVEL 1A & 3A	SWIMMING LEVEL 2B & 5	SWIMMING LEVEL 1C & 4	SWIMMING LEVEL 2B & 5	
19:30-20:15	AQUATONO	AQUACIRCUIT	BURN CALORIES	AQUADINAMIC GLOW	AQUATRaining (45')	
21:00-21:30	SWIMMING POOL CLOSED 21:30					

CARDIO

All of the activities that move big parts of the body are considered a cardiovascular exercise, obtaining the energy from aerobic exercise, meaning that you have a big support of oxygen. They are prolonged activities in which the body raises the heart rate and the respiratory rate to give oxygen to the working muscles.

TONIFICATION

Activities with the aim of developing a physical appearance with an emphasis on the muscles. It is based on repetitions with low resistance. These activities include strength training and cardiovascular exercises to burn calories.

COREO-CARDIO

Choreographed activities with cardiovascular exercises oriented to define the body through soft and coordinated activities with music.

CARDIO Y TONIFICATION

Tonification (repetitions with low weight) and cardio (increasing the heart rate to burn calories) activities combined at the same time.

BALANCE

Balance is a fundamental quality for our efficiency and our daily life. Balance exercises have the aim of avoiding our joints to suffer bad effects such as imbalance, ligaments pressure... Balance and the control of your body can be trained with pilates, yoga, etc...

KIDS ACTIVITIES

Classes for the little ones adapted to different levels and ages.

GLOW CLUB SPECIAL SCHEDULE

GLOW WELLNESS & FITNESS

MONDAY 24 DE DECEMBER: 9:00-14:00

TUESDAY 25 DE DECEMBER: CLOSED

MONDAY 31 DE DECEMBER: 9:00-14:00

TUESDAY 01 DE JANUARY: CLOSED

MONDAY 07 DE JANUARY: 9:00-16:00

GLOW BEAUTY

MONDAY 24 DECEMBER: 9:00-16:00

TUESDAY 25 DECEMBER: CLOSED

MONDAY 31 DECEMBER: 9:00-16:00

TUESDAY 01 DE JANUARY: CLOSED

MONDAY 07 DE JANUARY: CLOSED

26-30 DECEMBER: POOL CLOSED FOR MAINTENANCE TASKS. ACTIVITIES IN SWIMMING POOL ARE CANCELED.

23 DECEMBER - 6 JANUARY: GLOW KIDS HOLIDAYS.

GLOW WELLNESS & FITNESS

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OPENING HOURS

MONDAY TO FRIDAY: 08:00 - 21:30H.
SATURDAY & HOLIDAYS: 09:00 - 15:30H.