

## THURSDAY

09.30-10.30	CORE BALL & TONING	€5.00
9.30-10.30	BOOT CAMP	€5.00
13.00-14.00	YOGA,PILATES BALLET FUSION	€5.00
14.00-16.00	TAI CHI	€5.00
16.00-17.00	KARATE BEGINNERS	€5.00
17.00-18.00	KIDS KICKBOXING	€5.00
18.00-19.00	ADULTS KICKBOXING	€5.00

### CLASS PASS DEALS

ALL CLASSES 8.00AM-11.30AM

25.00 A MONTH FOR MEMBERS

30.00 FOR NON GYM MEMBERS.

## FRIDAY

09.20-10.20	STEP AEROBICS	€5.00
10.30-11.15	BODY PUMP	€5.00
11.30-12.30	SALSACISE	€5.00

### GYMNASIUM:

**1 Day 5.00 Euros**

**1 Month 27.00 Euros**

**3 Months 78.95 Euros**

**6 Months 150.20 Euros**

**1 Year 299.99 Euros**

### TONING TABLES:

**1 Day 8.00 Euros**

**Month 50.00 Euros**

**3 Months 138.00 Euros**

**6 Months 270.00 Euros**

**1 Year 399.99 Euros**

**Sophia**  
WELLNESS CENTRE S.L.

## CLASS TIMETABLE AND PRICES



**Tel: 950 449 451**

[www.sophias.es](http://www.sophias.es)  
[info@sophias.es](mailto:info@sophias.es)

Calle Rurador, Arboleas, Almeria, Spain  
(Next to Municipal Pool)

## MONDAY

9.30-10.30	CIRCUIT TRAINING	€5.00
11.30-12.30	SALSA	€5.00
10.30-11.30	BOOT CAMP	€5.00
12.30-13.30	FLAMENCO (Monthly)	
16.00-17.00	BEGINNERS KARATE	€5.00
17.00-18.00	BOXING	*I.I.G.M
19.00-19.20	DISCO SPINNING	*I.I.G.M

## TUESDAY

08.30-9.30	BODY PUMP	€5.00
9.30-10.30	INTERACTIVE FITNESS	€5.00
15.00-16.00	KIDS KICKBOXING	€5.00
17.00-18.00	SALSACISE	€5.00
18.00-19.00	BOXING	€5.00

## WEDNESDAY

09.30-10.30	OVIE INTERACTIVE FITNESS	€5.00
13.00-14.00	PILATES (adv beg)	€5.00
16.00-17.00	ZUMBA	€5.00
19.00-19.20	DISCO SPINNING	*I.I.G.M



\*I.I.G.M. :INCLUDED IN GYM MEMBERSHIP



Salsacise



BOOTCAMP

\*I.I.G.M. :INCLUDED IN GYM MEMBERSHIP

