



**NIZUC SPA**  
BY ESPA

Hora/ Time	Lunes Monday	Martes Tuesday	Miércoles Wednesday	Jueves Thursday	Viernes Friday	Sábado Saturday	Domingo Sunday
8:00 am  LIFE	<b>MIND &amp; BODY EXPERIENCE</b> <i>STUDIO</i>		<b>MIND &amp; BODY EXPERIENCE</b> <i>STUDIO</i>		<b>PADDLE BOARD YOGA</b> <i>PLAYA BEACH</i>		
9:30 am  FITNESS	<b>BALANCE EXPERIENCE</b> <i>STUDIO</i>			<b>POWER EXPERIENCE</b> <i>STUDIO</i>			
11:00 am  TENNIS	<b>KIDS TENNIS CLINIC</b> <i>TENNIS COURT ON REQUEST 24HR IN ADVANCE</i>			<b>ADULT TENNIS CLINIC</b> <i>TENNIS COURT ON REQUEST 24HR IN ADVANCE</i>			
11:30 am  FITNESS	<b>POWER EXPERIENCE</b> <i>STUDIO</i>			<b>BALANCE EXPERIENCE</b> <i>STUDIO</i>			

**MIND AND BODY EXPERIENCE**

Hatha, vinyasa flow, ying yoga

**BALANCE EXPERIENCE**

Barre, Fit ball, Posture Pilates, Fussion Pilates.

**POWER EXPERIENCE**

ABS-CORE, HIIT, TRX, Spinnng Cardio Kick Boxing

\*LIFE Classes have no cost

\*Fitness Classes have a cost of 20 USD++ per person.

\*Private Classes for one person have a cost of \$161 USD++

\*Private Classes for two people have a cost of \$189 USD++

\*Tennis Clinics have a cost of \$40 USD++ per person