



Open from April 06, 2024

- **Low Season (April, May, June, September, October)**

Monday, Tuesday, Thursday, Friday and Saturday from 9:00am to 12:00pm and from 2:00pm to 7:00pm

Sunday 9:00am to 12:00pm

- **High season (July / August)**

All week from 9:00am to 12:00pm and from 3:00pm to 8:00pm

- **Practical info**



7 per session



Payment by credit card only



Tickets on sale directly from Espigym

- **Rules to respect**



All exits are final



The use of cardio equipment may be limited to 30min depending on attendance



20 people maximum



Sports clothing and shoes required. Sports towel required.