



Opening Hours
Horarios de Apertura

Gym and Fitbox (members only)
Gimnasio y Fitbox (sólo para socios)
07.00h - 23.00h

Restaurant & Bar (public access)
Restaurante y Bar (acceso al público)
08.00h - 23.00h

Swimming pool and sunbeds (public access)
Piscina y hamacas (acceso al público)
10.00h - 20.00h

Classes (members only)
Clases (sólo para socios)

Yoga classes
Clases de yoga

(swimming pool area)
(área de piscina)

Every day
Todos los días
08.00h - 09.30h

Fitbox classes
Clases de Fitbox

Every day
Todos los días
08.00h - 08.50h
09.00h - 09.50h
10.00h - 10.50h
18.00h - 18.50h
19.00h - 19.50h
20.00h - 20-50h

Additional activities:

(TBA): Paddle boarding, Running, Hiking/Extreme Hiking, Diving, etc.

Actividades adicionales:

Paddle, Running, Hiking/Extreme Hiking, Buceo, etc.

Memberships (access to Gym, Fitbox, Classes and public areas)
Socios (acceso al Gimnasio, Fitbox, Clases y áreas públicas)

VIP - Annual - 1.290 Euro
VIP - 1 año - 1.290 Euro

VIP All Year members are showered with special attention from the Cotton Fitness Club Team. Members are offered coffee, water and tea on arrival and during sessions. Members also receive towels, a bathrobe and an exclusive premium shampoo, conditioner, body wash and body lotion package when joining. VIP All Year members also benefit from a 10% discount on all purchases at the restaurant and shop, and on sunbeds.

Los socios VIP anuales disfrutarán de una atención especial por parte del equipo de Cotton Fitness Club. Se les ofrecerá un café o un té al llegar y un agua durante las sesiones de entrenamiento. Al inscribirse, recibirán también una toalla, un albornoz y un kit de cuidado corporal así como de un descuento del 10% sobre las compras en el restaurante, en la tienda y en las hamacas del Club.

Annual - 790 Euros
1 año - 790 Euros

Peak season 5 months (May - September) - 590 Euros
Temporada Alta 5 meses (Mayo a Septiembre) - 590 Euros

Peak season 1 month - 190 Euros
Temporada Alta 1 mes - 190 Euros

7 days - 90 Euros
7 días - 90 Euros

1 day - 25 Euros
1 día - 25 Euros

Opening Hours, Classes, Pricing and Terms & Conditions may be subject to changes!
Nuestros Horarios de Apertura, Clases, Precios y Términos y Condiciones pueden variar!

EQUIPMENT/EQUIPO

All equipment are the last edition from Technogym presented for the world wide market for the 2017 season.

Todos nuestros equipos son de última tecnología de Technogym lanzados al mercado para la temporada 2017.

GYM - GIMNASIO

Cardio

Treadmills
Skillmill
Synchro
Vario
Recline
Bikes
Skillrow

Strength Line

Multipower
Olympic Flat Bench
Olympic Incline Bench
Scott Bench
Various Bars
Disks from 1,25KG / 20KG
Adjustable Bench
Chrome Dumbbell Rack
Dumbbells 8/32 KG
Ercoline Rehab
Triceps Rope

Machines

Lat Machine
Upper Back
Pectoral Machine
Total Abdominal
Rotary Torso
Leg Press
Leg Curl
Leg Extension
Multi Hip
Lower Back Bench
Crunch Bench

Kinesis

Press
Overhead Press
Low Pull
High Pull

FITBOX

Cardio

Skillrow
Spinning Bikes
SkillMill

Various Functional Training Equipment

Olympic Half Rack
Olympic Power Bar
Discs from 1/25KG
Technique Boxes
Adjustable Bench
Barbells Rack
Chin Up Leg Raise Bench
Omina 8
Omnia 8 Group Rack
Soft Plyo Boxes
Wellness Balls Kinesis
Kettle Bells