

HORARIOS PACHUCA

PRIMAVERA 2024



■ enersize / e-dance

■ ener-relaxation

■ ener-cycling

■ alberca

★ clase nueva

90 min clase de 90 min

🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒
6:00-7:00								6:00-7:00
7:00-8:00	ENER STEP	HIIT 1 ★	E TUMBLING HATHA YOGA	HIIT 2	ENER POWER			7:00-8:00
8:00-9:00	E TUMBLING VINYASA YOGA	DANCE CALIENTE VINYASA YOGA	DANCE CALIENTE TABATA BARRE	RECOBERY	ENER STEP HATHA YOGA ★	RECOVERY		8:00-9:00
9:00-10:00	AQUA SENIOR		CYCLE HIIT		DANCE CALIENTE	CRUSHING BEAT		9:00-10:00
09:15-10:15			KILLER ABS 30 min					09:15-10:15
10:00-11:00		AQUA FITNESS		AQUA FITNESS				10:00-11:00
12:00-13:00								12:00-13:00
13:00-14:00								13:00-14:00
14:00-15:00								14:00-15:00
15:00-16:00								15:00-16:00
16:00-17:00								16:00-17:00
17:00-18:00								17:00-18:00
18:00-19:00	AQUA FITNESS	ENER STEP	E TUMBLING VINYASA YOGA	CYCLE HIIT	E TABATA VINYASA YOGA			18:00-19:00
19:00-20:00	ENER POWER YOGA KUNDALINI	HATHA YOGA	DANCE CALIENTE					19:00-20:00
19:15-20:15		AQUA FITNESS		HIIT 2 TABATA BARRE				19:15-20:15
20:15-21:15		KILLER ABS 30 min		E TABATA				20:15-21:15
22:00-23:00								22:00-23:00
🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒