

ENERGIZE/E-DANCE

ENER-RELAXATION

ENER-CYCLING

ALBERCA

★ CLASE NUEVA

🕒 CLASE DE 90 MIN

🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒
6:00-7:00								6:00-7:00
6:30-7:30		BLAST						6:30-7:30
7:00-8:00	BLAST	TSUNAMI ★	G FORCE ★	VINYASA YOGA ★	CYCLE HIT ★			7:00-8:00
7:30-8:30			EVEREST					7:30-8:30
8:00-9:00	CIRCUIT PILATES	VINYASA YOGA	DEMOLITION YOGA OFF THE WALL ★		BUMPER CHALLENGE			8:00-9:00
8:15-9:15								8:15-9:15
8:30-9:30								8:30-9:30
9:00-10:00	DANCE CALIENTE	TOWELS	DANCE CALIENTE	ENER POWER ★		ENER STORM ★		9:00-10:00
9:15-10:15				HATHA YOGA	VINYASA YOGA			9:15-10:15
9:30-10:30		BLAST ★				BLAST 🚰		9:30-10:30
10:00-11:00		DANCE CALIENTE		DANCE CALIENTE		SASSY SASS		10:00-11:00
10:15-11:15								10:15-11:15
10:30-11:30								10:30-11:30
11:00-12:00								11:00-12:00
11:15-12:15						YOGA RESTAURATIVO		11:15-12:15
12:00-13:00	MOVILIDAD		DANCE OLDEES		MOVILIDAD			12:00-13:00
12:15-13:15								12:15-13:15
18:00-19:00								18:00-19:00
18:15-19:15		PILATES ACCESORIES	HATHA YOGA					18:15-19:15
18:30-19:30	VINYASA YOGA	STEP	KILLER ABS ★	DANCE CALIENTE				18:30-19:30
19:00-20:00	BLAST	CYCLE HIT ★	DANCE CALIENTE	YOGA OF THE WALL				19:00-20:00
19:15-20:15		PILATES MAT						19:15-20:15
19:30-20:30	BUMPER CHALLENGE	DANCE CALIENTE	EVEREST	DEMOLITION ★				19:30-20:30
20:00-21:00	BLAST							20:00-21:00
🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒