

# UNIDADES MULTIDISCIPLINARIAS

**eenergy**  
año 2023

ENERGIZE/E-DANCE

ENER-RELAXATION

ENER-CYCLING

ALBERCA

★ CLASE NUEVA

🕒 CLASE DE 90 MIN

🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒
7:00-8:00			VINYASA YOGA ★		YOGA RESTAURATIVO ★			7:00-8:00
7:30-8:30								7:30-8:30
8:00-9:00	TSUNAMI ★	STEP	HIT 3	EVEREST HATHA YOGA ★	BUMPER CHALLENGE	BLAST HATHA YOGA ★		8:00-9:00
9:00-10:00	EVEREST DANCE CALIENTE	HATHA YOGA	DANCE CALIENTE	PILATES	BLAST DANCE CALIENTE ★	AQUA FITNESS HIT 3 ★		9:00-10:00
10:00-11:00	STRONG FLOW AQUA FITNESS	PILATES ★	AQUA FITNESS		AQUA FITNESS ★	COMBO CARIBENO ★		10:00-11:00
10:00-11:00								10:00-11:00
11:00-12:00						DANCE CALIENTE		11:00-12:00
11:00-12:00								11:00-12:00
18:00-19:00		VINYASA YOGA ★ AQUA FITNESS		AQUA FITNESS				18:00-19:00
18:00-19:30					VINYASA YOGA ★			18:00-19:30
19:00-20:00	DANCE CALIENTE AQUA FITNESS	EVEREST PILATES ★	EVEREST DANCE CALIENTE	BLAST COMBO CARIBENO				19:00-20:00
20:00-21:00	BLAST BOX AND DRILLS ★	UPPER BODY ★	AQUA FITNESS BUMPER CHALLENGE ★	HIT MANIA ★				20:00-21:00
🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒