

ENERIZE/E-DANCE

ENER-RELAXATION

ENER-CYCLING

ALBERCA

CLASE NUEVA

CLASE DE 90 MIN

	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	
7:00-8:00	ENER POWER	BLAST	BUMPER CHALLENGE	BLAST	UPPPER BODY			7:00-8:00
8:00-9:00	CYCLE HIT	HI-LOW	CYCLE HIT YOGA RESTAURATIVO	ENER POWER	BLAST VINIAGA YOGA			8:00-9:00
9:00-10:00	DANCE CALIENTE	SALSA SASS PLATES	DANCE CALIENTE YOGA OFF THE WALL	SALSA SASS PILATES	FUSION HI-AT HIYHA YOGA	DANCE CALIENTE YOGA RESTAURATIVO		9:00-10:00
10:00-11:00	STEP	CYCLE HIT AQUA FITNESS	BUMPER CHALLENGE	AQUA FITNESS	STEP	CYCLE HIT AQUA FITNESS		10:00-11:00
10:30-11:30	YOGA BALL							10:30-11:30
18:00-19:00			PILATES MAT					18:00-19:00
19:00-20:00	ESCAPE	DANCE CALIENTE BLAST	YOGA OFF THE WALL BLAST	CARDIO STRIPP CYCLE HIT				19:00-20:00
20:00-21:00	BUMPER CHALLENGE	VINIAGA YOGA UPPER BODY	KILLER ABS	YOGA BALL XPLITION				19:30-20:30