

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								6:30-7:30
7:00-8:00	ENERGIZE	ENERGIZE	HATHA YOGA E-TUMBLING	HIT 2	E-TABATA			7:00-8:00
7:00-8:30								
8:00-9:00	E-TUMBLING BLAST	VINYASA YOGA DANCE CALIENTE	TABATA BARRE DANCE CALIENTE	RECOVERY	VINYASA YOGA ENERGIZE	RECOVERY		8:00-9:00
8:30-9:30								8:30-9:30
9:00-10:00	AQUA FITNESS		CYCLE HIT		DANCE CALIENTE	CRUSHING BEAT		9:00-10:00
9:15-10:15			KILLER ABS					9:15-10:15
9:30-10:30								9:30-10:30
10:00-11:00		AQUA FITNESS		AQUA FITNESS				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
11:30-12:30								11:30-12:30
12:00-13:00								12:00-13:00
12:30-13:30								12:30-13:30
18:00-19:00	AQUA FITNESS	CARDIO STRIP	E-TUMBLING VINYASA YOGA	CYCLE HIT	E-TABATA VINYASA YOGA			18:00-18:30
18:15-19:15								18:15-19:15
18:30-19:30								18:30-19:30
19:00-20:00	BLAST ENERGIZE	HATHA YOGA	DANCE CALIENTE	TABATA BARRE				19:00-20:00
19:15-20:15		AQUA FITNESS		UPPER BODY				
20:15-21:15				BUMPER CHALLENGE				19:00-20:30
20:30-21:00		KILLER ABS						20:00-21:00
🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒