

HOODODIOS DODQUES DOI ONOO HONNNIUS FANQUES POLANCO

eenergy
OTONO 2023

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	ENER POWER		EVEREST					6:00-7:00
7:00-8:00	VINYASA YOGA	VINYASA FLOW	BLAST	ROCKET YOGA	EVEREST ★			7:00-8:00
8:00-9:00	SPORT CONDITIONING	PIlates TOTAL WORKOUT	UBT ★	BLAST	POUND ★	YOGA RESTAURATIVO		8:00-9:00
9:00-10:00	DANCE CALIENTE	BELLY DANCE	DANCE CALIENTE	BARRE ★ 🕒	PIlates TOTAL WORKOUT ★ 🕒	POUND BLAST ★		9:00-10:00
10:00-11:00	AQUA FITNESS		AQUA FITNESS		AQUA FITNESS	EVEREST STREET DANCE ★		10:00-11:00
10:00-11:00						BARRE ★		10:00-11:00
11:00-12:00						VINYASA YOGA 🕒	YOGA RESTAURATIVO 🕒	11:00-12:30
19:00-20:00	SPORT CONDITIONING HATHA YOGA	DANCE CALIENTE 🕒	BOY AND GIRLS PIlates TOTAL WORK OUT ★	UBT ★	YOGA RESTAURATIVO			19:00-20:00
19:00-20:30	BLAST 🕒	HATHA VINYASA ★	EVEREST 🕒					19:00-20:30
20:00-21:00	POWER VINYASA		STRETCHING	POUND				20:00-21:00
🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒