

ENERGIZE/E-DANCE

ENER-RELAXATION

ENER-CYCLING

ALBERCA

🕒 CLASE DE 90 MIN

🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒
7:00-8:00	BUMPER CHALLENGE BLAST	XTREME TRAINING BLAST	DEMOLITION CYCLE HIT	VINYASA YOGA	MMA FIT BLAST			7:00-8:00
7:30 A 8:30								7:30 A 8:30
8:00-9:00	CIRCUIT PILATES	VINYASA YOGA	OF THE WALL					8:00-9:00
9:00-10:00	DANCE CALIENTE	DANCE CALIENTE	DANCE CALIENTE	HITMANIA		STRONG FLOW		9:00-10:00
9:15-10:15			PILATES MAT	HATHA YOGA	VINYASA YOGA			9:15-10:15
9:30-11:00						BLAST		9:30-11:00
10:00-11:00				DANCE CALIENTE		SASSY SASS		10:00-11:00
10:00-11:30								10:00-11:30
10:30-11:30	AQUA MOVILITY							10:30-11:30
11:00-12:30						YOGA RESTAURATIVO		11:00-12:30
12:00-13:00	AQUA FITNESS	MOVILIDAD	AQUA FITNESS	MOVILIDAD	AQUA FITNESS			12:00-13:00
18:30-19:30	VINYASA YOGA	PILATES ACCESORIES	HATHA YOGA	OFF THE WALL				18:30-19:30
19:00-20:00		STEP	DANCE CALIENTE	MAXIMUM POWER				19:00-20:00
19:30-20:30	BLAST KILLERS ABS	BLAST PILATES MAT	EVEREST	BLAST				19:30-20:30
20:00-21:00		DANCE CALIENTE		DANCE CALIENTE				20:00-21:00
20:30-21:30			BUMPER CHALLENGE					20:30-21:30
🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒