

UNO DÍAS CALIENTES CUANDO A TODA LA GENTE

eenergy
OTOÑO 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								6:00-7:00
7:00-8:00								7:00-8:00
7:30-8:30								7:30-8:30
8:00-9:00								8:00-9:00
8:30-9:30								8:30-9:30
9:00-10:00								9:00-10:00
9:15-10:15	ENER-RELAXATION	ENER-RELAXATION	ENER-RELAXATION	ENERGIZE/E-DANCE	ENER-RELAXATION			9:15-10:15
9:30-10:30								9:30-10:30
10:00-11:00								10:00-11:00
10:15-11:15	ENERGIZE/E-DANCE		ENER-RELAXATION	ENER-RELAXATION	ENERGIZE/E-DANCE	ENER-RELAXATION		10:15-11:15
10:30-11:30				ENERGIZE/E-DANCE				10:30-11:30
11:00-12:00								11:00-12:00
11:30-12:30	ALBERCA		ALBERCA	ALBERCA				11:30-12:30
12:00-13:00								12:00-13:00
18:30-19:30								18:30-19:30
19:00-20:00								19:00-20:00
19:30-20:30	ENER-RELAXATION	ENER-RELAXATION	ENER-RELAXATION	ENER-RELAXATION				19:30-20:30
19:30-20:30			ENER-CYCLING					19:30-20:30
20:30-21:30								20:30-21:30
🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒

