

ENERGIZE/E-DANCE

ENER-RELAXATION

ENER-CYCLING

ALBERCA

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								7:00-8:00
7:30-8:30	HATHA YOGA	DANCE CALIENTE STRETCH	VINYASA YOGA XPLETION	HATHA YOGA ENER BOX	DANCE CALIENTE			7:30-8:30
7:30 a 10:30								7:30 a 10:30
8:15-9:15								
								8:00-9:00
8:30-9:30	BLAST PUNDO	ENER STEP	BILLY DANCE	PILATES	TSUNAMI			8:30-9:30
8:30-10:00				UNSTOPPABLE				8:30-10:00
9:00-10:00						EVEREST DANCE CALIENTE		9:00-10:00
9:15-10:15								9:15-10:15
9:30-10:00	KILLERS ABS							9:30-10:00
9:30-10:30	PILATES		PILATES					9:30-10:30
10:00-11:00		AQUA FIT		AQUA FIT		BARRA AL PISO ENER BOX		10:00-11:00
10:40-11:40	AQUA YOGA							10:40-11:40
10:30-11:30					VINYASA YOGA			10:30-11:30
11:00-12:00						YOGA RESTAURATIVA		11:00-12:00
17:00-18:00								17:00-18:00
17:45-18:45			AQUA FIT					17:30-18:30
18:00-19:00								18:00-19:00
								19:15-20:15
19:00-20:00	ENER BOX	DANCE CALIENTE EVEREST	BILLY DANCE PILATES	DANCE CALIENTE EVEREST	ENER STEP			19:00-20:00
19:00-20:00				BARRA AL PISO				19:00-20:00
20:00-21:00	BLAST TSUNAMI	VINYASA YOGA ENER STEP	BLAST SALSA SASS	ENER BOX HATHA YOGA	DANCE CALIENTE			20:00-21:00
21:00-22:00	DANCE CALIENTE							



LUN

MAR

MIÉ

JUE

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SÁB

DOM

