

# HOODIES DOQUES DO ANO HOMINUS PARQUES POLANCO

**eenergy**  
ESTOÑO 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	HATHA YOGA	VINYASA YOGA			7:00-8:00
8:00-9:00	SPORT CONDITIONING	STRETCHING	UBT ★	BLAST	YOGA RESTAURATIVO	MOVILIDAD ★		8:00-9:00
9:00-10:00	DANCE CALIENTE	YOGA RESTAURATIVO	DANCE CALIENTE	BARRE ★ 🕒	PILES TOTAL WORKOUT ★ 🕒	BLUMPER CHALLENGE 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 🕒	11:00-12:00
18:30-20:00		ASTHAGA 🕒						18:30-20:00
19:00-20:00	SPORT CONDITIONING HATHA YOGA	DANCE CALIENTE ★ 🕒	BOY AND DRILLS PILES TOTAL WORK OUT ★	UBT ★	YOGA RESTAURATIVO			19:00-20:00
19:00-20:30	BLAST 🕒		EVEREST 🕒					19:00-20:30
20:00-21:00	POWER VINYASA		STRETCHING	HATHA YOGA ★				20:00-21:00
🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒