HORARIOS SAMARA

energy
OTOÑO 2023

ENERSIZE/E-DANCE | ENER-RELAXATION | ENER-CYCLING | ALBERCA | ★ CLASE NUEVA | 90 MIN CLASE DE 90 MIN

	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	
7:00-8:00	EVEREST	BOX & DRILLS ★	BLAST	BUMPER CHALLENGE ★	BOX & DRILLS ★			7:00-8:00
7:00-8:30	HATHA YOGA ★ 90 MIN				VINYASA YOGA ★ 90 MIN			7:00-8:30
8:00-9:00								8:00-9:00
9:00-10:00	E TABATA ★	G FORCE	BARRE ★	DEMOLITION ★	BUMPER CHALLENGE ★			9:00-10:00
10:00-11:00			DANCE CALIENTE ★	DANCE CALIENTE ★				10:00-11:00
10:00-11:30		VINYASA YOGA ★ 90 MIN						10:00-11:30
18:30-20:00								18:30-20:00
19:00-20:00	BLAST	BUMPER CHALLENGE ★	G FORCE ★	BLAST				19:00-20:00
20:00-21:00	DEMOLITION ★	TWO BY TWO ★		STEP ★				20:00-21:00

| | LUN | MAR | MIÉ | JUE | VIE | SÁB | DOM | |