

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	HIT 2	TWO BY TWO ★	TRX ★	G FORCE ★	BUMPER CHALLENGE			7:00-8:00
8:00-9:00	AQUA FITNESS 🕒		AQUA FITNESS 🕒		STRONG FLOW	BLAST		8:00-9:00
8:00-9:30	BLAST		BLAST		AQUA FITNESS 🕒			8:00-9:30
8:15-9:15		PILATES MAT		POWER BALL PILATES				8:15-9:15
9:15-10:15	DANCE CALIENTE		DANCE CALIENTE		DANCE CALIENTE	DANCE CALIENTE		9:15-10:15
9:30-10:30								9:30-10:30
10:00-11:00						STRETCHING		10:00-11:00
10:15-11:30		YOGA 🕒		YOGA 🕒				10:15-11:30
10:30-11:45	YOGA 🕒		YOGA 🕒		YOGA RESTAURATIVO 🕒			10:30-11:45
10:30-12:00								10:30-11:30
11:00-12:00								11:00-12:00
11:15-12:15								11:15-12:15
12:00-13:00								12:00-13:00
18:00-19:00		AQUA FITNESS		AQUA FITNESS				18:00-19:00
18:00-19:30	YOGA 🕒	YOGA 🕒	YOGA 🕒	YOGA 🕒	YOGA 🕒			18:00-19:00
19:00-20:00	DANCE CALIENTE	BOOT TRAINING ★	DANCE CALIENTE	E-TABATA ★	DANCE CALIENTE			19:00-20:00
19:15-20:15		BLAST		BLAST				19:15-20:15
19:30-20:30								19:30-20:30
20:00-21:00			STRETCHING					20:00-21:00
🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒