

ENERGIZE/E-DANCE

ENER-RELAXATION

ENER-CYCLING

ALBERCA

★ PLAZA DE LA CULTURA

🕒 CLASE DE 90 MIN

🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒
06:00-07:00								06:00-07:00
07:00-08:00	HIT 2		E-BOOT TRAINING		E-TABATA			07:00-08:00
07:30-08:30	BLAST		BLAST		BLAST	BLAST		07:30-09:00
08:00-09:00	AQUA FITNESS	E-TABATA	AQUA FITNESS	HIT 2	STRONG FLOW AQUA FITNESS			08:00-09:00
08:00-09:30								08:00-09:30
08:15-09:15								08:15-09:15
09:15-10:15	DANCE CALIENTE		DANCE CALIENTE		DANCE CALIENTE			09:15-10:15
09:30-10:30								09:30-10:30
10:00-11:00								10:00-11:00
10:15-11:30		ANUSARA YOGA		HATHA YOGA				10:15-11:30
10:30-11:45	HATHA YOGA		VINYASA 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								18:00-19:00
18:00-19:30	VINYASA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA				18:00-19:00
19:00-20:00	DANCE CALIENTE	BOOT TRAINING	DANCE CALIENTE	E-TABATA				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								20:00-21:00
🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒