

HORARIOS GALERIAS GUADALAJARA

eenergy
INVIERNO 2023

ENERGIZE/E-DANCE

ENER-RELAXATION

ENER-CYCLING

ALBERCA

★ CLASE MÚLTIPLE

🕒 CLASE DE 90 MIN

🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒
6:00-7:00								6:00-7:00
7:00-8:00								7:00-8:00
7:30-8:30								7:30-8:30
8:00-9:00								8:00-9:00
8:30-9:30								8:30-9:30
9:00-10:00								9:00-10:00
9:15-10:15	HATHA YOGA	HATHA YOGA	HATHA YOGA	CARDIO STRIP	VINYASA YOGA			9:15-10:15
9:30-10:30								9:30-10:30
10:00-11:00								10:00-11:00
10:15-11:15		TAI CHI	VINYASA YOGA	HATHA YOGA	TAI CHI	VINYASA FLOW		10:15-11:15
10:30-11:30				BARRE FUSION				10:30-11:30
11:00-12:00								11:00-12:00
11:30-12:30	AQUA FITNESS		AQUA YOGA	AQUA FITNESS				11:30-12:30
12:00-13:00								12:00-13:00
18:30-19:30								18:30-19:30
19:00-20:00			HATHA YOGA					19:00-20:00
19:30-20:30	HATHA YOGA	HATHA YOGA		HATHA YOGA				19:30-20:30
19:30-20:30			EVEREST					19:30-20:30
20:00-21:00			MEDITACIÓN					20:00-21:00
🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒

energyfitness.com.mx

SÍGUENOS EN:



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@energy.galeriasguadalajara