HORARIOS MUNDO E

energy

INVIERNO 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	CYCLE HIIT ★	BLAST	ENER POWER ★		BLAST ★			7:00-8:00
8:00-9:00	ENER POWER ★	HI- LOW	CYCLE HIIT ★ YOGA RESTAURATIVO		STEP ★ VINYASA YOGA			8:00-9:00
9:00-10:00	DANCE CALIENTE	SALSA SASS HATHA YOGA ★	DANCE CALIENTE	POUND	G-FORCE ★ HATHA YOGA	DANCE CALIENTE ★		9:00-10:00
10:00-11:00		AQUA FITNESS ★		YOGA BALL		YOGA RESTAURATIVO AQUA FITNESS		10:00-11:00
10:30-11:30								10:30-11:30
18:00-19:00	PILATES MAT							18:00-19:00
19:00-20:00	ESCAPE	DANCE CALIENTE BLAST ★	YOGA OFF THE WALL BLAST	CARDIO STRIPP CYCLE HIIT ★				19:00-20:00
20:00-21:00	BUMPER CHALLENGE	VINYASA YOGA UPPER BODY ★		HATHA YOGA TONNING MANIA ★				19:30-20:30

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