

HOODIES VIA VALLEJO HOODIES VIA VALLEJO

eenergy
INVIERNO 2023

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				SPORT CONDITIONING				6:00-7:00
6:30-7:30					CYCLE HIT			6:30-7:30
7:00-8:00	BLAST	PIRATES	EVEREST					7:00-8:00
8:00-9:00	BUMPER CHALLENGE		BOX AND DRILLS YOGA FUSION	DANCE CALIENTE	UPPER BODY YOGA FUSION	SPORT CONDITION		8:00-9:00
9:00-10:00	VINYASA NIDRA YOGA		TAICHI	YOGA FUSION	YOGA RESTAURATIVO	BLAST		9:00-10:00
10:00-11:00						FUSION BEAT		10:00-11:00
10:15-11:15								10:15-11:15
11:00-12:00		AQUA DANCE				VINYASA NIDRA YOGA		11:00-12:00
19:00-20:00	BLAST DANCE CALIENTE	EVEREST VINYASA YOGA	CYCLE HIT ENER STEP	BOX AND DRILLS				19:00-20:00
19:00-20:00		FUSION BEAT						19:00-20:00
20:00-21:00	BLAST	G-FORCE YOGA FUSION	KILLERS ABS	FUSION BEAT YOGA FUSION				20:00-21:00
21:00-22:00			FUSION BEAT					21:00-22:00
🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒