

ENERGIZE/E-DANCE

ENER-RELAXATION

ENER-CYCLING

ALBERCA

CLASE DE 90 MIN

🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒
7:00-8:00	BUMPER CHALLENGE BLAST	BLAST	E-TASATA CYCLE HIT	VINYASA YOGA	MMA FIT BLAST			7:00-8:00
7:30 A 8:30								7:30 A 8:30
8:15-9:15	PILATES MAT	OFF THE WALL	VINYASA YOGA					8:15-9:15
9:00-10:00	DANCE CALIENTE	DANCE CALIENTE	DANCE CALIENTE	UPPER BODY				9:00-10:00
9:15-10:15					VINYASA YOGA			9:15-10:15
9:30-11:00						BLAST		9:30-11:00
10:00-11:00								10:00-11:00
10:00-11:30								10:00-11:30
10:30-11:30								10:30-11:30
11:00-12:30						YOGA RESTAURATIVO		11:00-12:30
12:00-13:00	AQUA FITNESS		AQUA FITNESS		AQUA FITNESS			12:00-13:00
18:30-19:30	VINYASA YOGA	PILATES ACCESORIES	HATHA YOGA	OFF THE WALL				18:30-19:30
19:00-20:00	BODY HIT	DANCE CALIENTE		DANCE CALIENTE				19:00-20:00
19:30-20:30	BLAST	BLAST	CYCLE HIT	BLAST				19:30-20:30
20:00-21:00								20:00-21:00
20:30-21:30			BUMPER CHALLENGE					20:30-21:30
🕒	LUN	MAR	MIÉ	JUE	VIE	SÁB	DOM	🕒