

HORARIOS WTC

INVIERNO 2024



■ enersize / e-dance

■ ener-relaxation

■ ener-cycling

■ alberca

★ clase nueva

● 90 min clase de 90 min

🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒
6:00-7:00								6:00-7:00
7:00-8:00	BLAST BUMPER CHALLENGE	BLAST HIIT MANIA ★	CYCLE HIT E-TABATA ★		BLAST MMA FIT			7:00-8:00
8:00-9:00		BODY HIIT ★	KAMIKASE ★	HIIT 3 ★				8:00-9:00
8:15-9:15	PILATES MAT ★	YOGA OFF THE WALL	VINYASA YOGA					8:15-9:15
9:00-10:00	DANCE CALIENTE	DANCE CALIENTE	DANCE CALIENTE	DANCE CALIENTE		SHOCK TREATMENT ★		9:00-10:00
9:15-10:15				HATHA YOGA	VINYASA YOGA			9:15-10:15
9:30-10:30						BLAST ● 90 min		9:30-10:30
10:30-11:30								10:30-11:30
11:00-12:00	AQUA FITNESS		AQUA DANCE		AQUA FITNESS	YOGA ● 90 min RESTAURATIVO		11:00-12:00
12:00-13:00								12:00-13:00
16:00-17:00								16:00-17:00
17:00-18:00								17:00-18:00
18:30-19:30	VINYASA YOGA	PILATES ACCESORIES	HATHA YOGA					18:30-19:30
19:00-20:00	BODY HIIT ★	UBT ★		YOGA OFF THE WALL STEP ★				19:00-20:00
19:30-20:30	BLAST	PILATES MAT BLAST	DANCE CALIENTE EVEREST	BLAST				19:30-20:30
20:00-21:00	DANCE CALIENTE ★	DANCE CALIENTE		DANCE CALIENTE				20:00-21:00
20:30-21:30			BUMPER CHALLENGE					22:00-23:00
🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒