

HORARIOS PARQUES POLANCO



PRIMAVERA 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	ENER POWER							6:00-7:00
7:00-8:00	VIYANSA YOGA ^{90 min} ★	VIYANSA FLOW	EVEREST ★	VIYANSA YOGA	VIYANSA YOGA			7:00-8:00
8:00-9:00	BUMPER CHALLENGER ★	YOGA FLOW ★	E TABATA	EVEREST ★	YOGA RESTAURATIVO	YOGA RESTAURATIVO	HIT MANIA ★	8:00-9:00
9:00-10:00	DANCE CALIENTE	YOGA RESTAURATIVO	DANCE CALIENTE	BARRE ★	PILATES TOTAL WORKOUT	EVEREST ★		9:00-10:00
10:00-11:00	AQUA FITNESS		AQUA FITNESS		VINYASA YOGA	STREET DANCE ★		10:00-11:00
10:00-11:00								10:00-11:00
11:00-12:30								11:00-12:30
13:00-14:00								13:00-14:00
14:00-15:00								14:00-15:00
15:00-16:00								15:00-16:00
16:00-17:00								16:00-17:00
17:00-18:00								17:00-18:00
18:30-20:00		VINYASA YOGA ^{90 min} ★						18:00-19:00
19:00-20:00	BUMPER CHALLENGER ★	BOX & DRILLS ★	PILATES TOTAL WORKOUT	TERMINATOR ★				19:00-20:00
19:00-20:00			EVEREST					19:00-20:00
20:00-21:00			STRETCHING	SPORT CONDITION				20:00-21:00
20:00-21:00			STREET DANCE					20:00-21:00
🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒