

HORARIOS MUNDO E

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								6:00-7:00
7:00-8:00	VINYASA YOGA	BLAST ★	ENER POWER ★	BLAST ★	CYCLE HIIT ★			7:00-8:00
8:00-9:00	STEP CYCLE HIIT ★	HATHA YOGA	CYCLE HIIT ★	BUMPER CHALLENGE ★	SPORT CONDITION VINYASA YOGA			8:00-9:00
9:00-10:00	DANCE CALIENTE	DANCE CALIENTE	DANCE CALIENTE YOGA RESTAURATIVO	POUND PILATES	DANCE CALIENTE HATHA YOGA	FUSION BEAT		9:00-10:00
10:00-11:00		AQUA FITNESS	BUMPER CHALLENGE YOGA OFF THE WALL	AQUA FITNESS		YOGA RESTAURATIVO AQUA FITNESS		10:00-11:00
10:00-11:00						BLAST ★		10:00-11:00
12:00-13:00								12:00-13:00
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
18:00-19:00	PILATES MAT		YOGA OFF THE WALL					18:00-19:00
19:00-20:00	CYCLE HIIT ★	DANCE CALIENTE BLAST ★	DANCE CALIENTE BLAST ★	DANCE CALIENTE CYCLE HIIT ★	POUND			19:00-20:00
20:00-21:00	BUMPER CHALLENGE ★	UPPER BODY VINYASA YOGA	STEP ★	TONING MANIA ★ HATHA YOGA				20:00-21:00
21:00-22:00								21:00-22:00
22:00-23:00								22:00-23:00
🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒