

HORARIOS SAMARA

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	E TABATA				YOGA RESTAURATIVO			6:00-7:00
6:15-7:15		BLAST		CYCLE HIIT				6:15-7:15
7:00-8:00	BLAST	YOGA FUSION FUSION BEAT	MMA FIT		BLAST			7:00-8:00
7:15-8:15					VINYASA YOGA			7:15-8:15
8:00-9:00		ENER JUMP	BUMPER CHALLENGE					8:00-9:00
8:30-9:30	G - FORCE							8:30-9:30
9:00-10:00		YOGA RESTAURATIVO	BOX & DRILLS	BODY ACTIVE		YOGA FUSION		9:00-10:00
10:00-11:00		DANCE CALIENTE	YOGA FUSION	FUSION BEAT	YOGA FUSION			10:00-11:00
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	MMA FIT	ENER JUMP	KILLERS ABS					18:00-19:00
19:00-20:00	BLAST	FUSION BEAT	SPORT CONDITION	BLAST				19:00-20:00
19:30-20:30			★	YOGA FUSION				19:30-20:30
20:00-21:00	BUMPER CHALLENGE	RITMOS LATINOS YOGA FUSION	MMA FIT	DANCE CALIENTE				21:00-22:00
22:00-23:00								22:00-23:00
🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒