

# HORARIOS MP ARAGÓN

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								7:00-8:00
8:00-9:00	<span style="color: orange;">■</span> UPER BODY ★	<span style="color: green;">■</span> PILATES ★	<span style="color: orange;">■</span> STRONG FLOW	<span style="color: red;">■</span> DANCE CALIENTE EVEREST	<span style="color: orange;">■</span> TABATA ★	<span style="color: green;">■</span> VINYASA YOGA BLAST		8:00-9:00
9:00-10:00	<span style="color: red;">■</span> DANCE CALIENTE EVEREST	<span style="color: orange;">■</span> STEP BASICO	<span style="color: green;">■</span> PILATES	<span style="color: red;">■</span> BUMPER CHALLENGE	<span style="color: orange;">■</span> DANCE CALIENTE	<span style="color: orange;">■</span> HIIT 3		9:00-10:00
9:00-10:00				<span style="color: blue;">■</span> AQUA FITNESS		<span style="color: blue;">■</span> AQUA FITNESS		9:00-10:00
10:00-11:00	<span style="color: orange;">■</span> STRONG FLOW			<span style="color: blue;">■</span> AQUA FITNESS	<span style="color: orange;">■</span> DANCE CALIENTE ★	<span style="color: orange;">■</span> DANCE CALIENTE		10:00-11:00
10:00-11:00	<span style="color: blue;">■</span> AQUA FITNESS							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
18:00-19:30			<span style="color: blue;">■</span> AQUA FITNESS	<span style="color: blue;">■</span> AQUA FITNESS				18:00-19:30
18:00-19:00		<span style="color: green;">■</span> YOGA RESTAURATIVO <span style="background-color: yellow; border-radius: 50%; padding: 2px;">90 min</span>						18:00-19:00
19:00-20:00	<span style="color: orange;">■</span> DANCE CALIENTE	<span style="color: red;">■</span> CYCLE EVEREST	<span style="color: orange;">■</span> DANCE CALIENTE	<span style="color: red;">■</span> DANCE CALIENTE				19:00-20:00
19:00-20:00	<span style="color: blue;">■</span> AQUA FITNESS			<span style="color: red;">■</span> BLAST				19:00-20:00
20:00-21:00	<span style="color: orange;">■</span> UPER BODY	<span style="color: orange;">■</span> ENER POWER ★	<span style="color: orange;">■</span> BUMPER CHALLENGE ★	<span style="color: orange;">■</span> HIIT MANIA				20:00-21:00
20:00-21:00	<span style="color: red;">■</span> BLAST							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	🕒