

HORARIOS WTC

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	BLAST BUMPER CHALLENGE	BLAST HIIT MANIA	CYCLE HIT UBT	VINYASA YOGA	BLAST			7:00-8:00
8:00-9:00		BODY HIIT	TWO BY TWO	CIRCUIT TRAINING	BODY HIIT			8:00-9:00
8:15-9:15	PILATES MAT	YOGA OFF THE WALL	VINYASA YOGA					8:15-9:15
9:00-10:00	UPPER BODY	DANCE CALIENTE	DANCE CALIENTE	DANCE CALIENTE PILATES MAT	VINYASA YOGA ^{90 min}	SHOCK TREATMENT		9:00-10:00
9:15-10:15								9:15-10:15
9:30-10:30						BLAST ^{90 min}		9:30-10:30
10:00-11:00	DANCE CALIENTE							10:00-11:00
11:00-12:00	AQUA FITNESS		AQUA DANCE		AQUA FITNESS	YOGA RESTAURATIVO ^{90 min}		11:00-12:00
12:00-13:00	AQUA FITNESS		AQUA DANCE	MOVILIDAD				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			YOGA OFF THE WALL				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							20:00-21:00
20:30-21:30			BUMPER CHALLENGE					22:00-23:00
🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒