

HORARIOS SAMARA

VERANO 2024



■ enersize / e-dance

■ ener-relaxation

■ ener-cycling

■ alberca

★ clase nueva



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				CYCLE HIIT				6:15-7:15
7:00-8:00	BLAST	YOGA FUSION	MMA FIT					7:00-8:00
7:15-8:15					VINYASA YOGA			7:15-8:15
8:00-9:00			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	VINYASA YOGA		9:00-10:00
10:00-11:00			YOGA FUSION	FUSION BEAT				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			KILLERS ABS					18:00-19:00
19:00-20:00	BLAST	FUSION BEAT	SPORT CONDITION	BLAST				19:00-20:00
19:30-20:30								19:30-20:30
20:00-21:00	TERMINATOR	YOGA FUSION	MMA FIT	YOGA FUSION DANCE CALENTE				21:00-22:00
22:00-23:00								22:00-23:00
🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒