

# HORARIOS SAMARA

OTOÑO 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	SPORT CONDITION				YOGA RESTAURATIVO			6:00-7:00
6:15-7:15								6:15-7:15
7:00-8:00	HIIT	YOGA FUSION ESCAPE		CYCLE HIIT				7:00-8:00
7:30-8:30			BLAST		VINYASA YOGA			7:15-8:15
8:00-9:00		ENER JUMP ★		BUMPER CHALLENGE		SPORT CONDITION ★		8:00-9:00
8:30-9:30			SPORT CONDITION					8:30-9:30
9:00-10:00		YOGA RESTAURATIVO			YOGA FUSION	BLAST		9:00-10:00
10:00-11:00			YOGA FUSION	DANCE CALIENTE	FUSION BEAT	YOGA FUSION		10:00-11:00
10:30-11:30	YOGA FUSION							10:30-11:30
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	SPORT CONDITION		KILLERS ABS					18:00-19:00
19:00-20:00	BLAST	PILATES 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 SPORT CONDITION				21:00-22:00
22:00-23:00								22:00-23:00
🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒