

HORARIOS WTC

INVIERNO 2024



■ enersize / e-dance

■ ener-relaxation

■ ener-cycling

■ alberca

★ clase nueva

90 min clase de 90 min

| 🕒 | LUN | MAR | MIE | JUE | VIE | SAB | DOM | 🕒 |
|-------------|----------------------------|---------------------------------|--|----------------------------------|--------------------------------|-------------------------------------|-----|-------------|
| 7:00-8:00 | BLAST | BLAST | CYCLE HIIT | VINYASA YOGA | BLAST | | | 7:00-8:00 |
| 7:30-8:00 | HIIT 2 ^{30 min} ★ | KILLERS ABS ^{30 min} ★ | CRUSHING BEAT ^{30 min} ★ | | | | | 7:30-8:00 |
| 8:00-9:00 | ENERPOWER ★ PILATES MAT | UBT ★ OFF THE WALL | E-TABATA ★ VINYASA YOGA ^{60 min} | SHOCK TREATMENT ★ PILATES MAT | DEMOLITION PLUS ★ | | | 8:00-9:00 |
| 8:15-9:30 | | | | | | | | 8:15-9:15 |
| 9:00-10:00 | DANCE CALIENTE | DANCE CALIENTE | DANCE CALIENTE | BUMPER CHALLENGE | VINYASA YOGA ^{90 min} | | | 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 | | | | | | | | 10:00-11:00 |
| 11:00-12:00 | | AQUADANCE | VINYASA YOGA ^{60 min} | AQUAFITNESS | NATACIÓN | YOGA RESTAURATIVO ^{90 min} | | 11:00-12:00 |
| 12:00-13:00 | NATACIÓN | AQUADANCE | | | | | | 12:00-13:00 |
| 16:00-17:00 | | | | | | | | 16:00-17:00 |
| 17:00-18:00 | | | | | | | | 17:00-18:00 |
| 18:30-19:30 | OFF THE WALL | PILATES ACCESORIES | HATHA YOGA | VINYASA YOGA ★ | | | | 18:30-19:30 |
| 19:00-20:00 | BUMPER CHALLENGE | | | | | | | 19:00-20:00 |
| 19:30-20:30 | OFF THE WALL | PILATES MAT BLAST | DANCE CALIENTE EVEREST ^{60 min} | BLAST ★ | | | | 19:30-20:30 |
| 19:30-20:30 | | CRUSING BEAT ^{90 min} | | DANCE CALIENTE | | | | 19:30-20:30 |
| 20:00-21:00 | DANCE CALIENTE BLAST | | | | | | | 20:00-21:00 |
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