

HORARIOS WTC

INVIERNO 2025



■ enersize / e-dance

■ ener-relaxation

■ ener-cycling

■ alberca

★ clase nueva



clase de 90 min

| 🕒 | LUN | MAR | MIE | JUE | VIE | SAB | DOM | 🕒 |
|-------------|--|--|---|----------------------------------|--|-------------------------------------|-----|-------------|
| 7:00-8:00 | BLAST | UBT | TERMINATOR CYCLE HIIT | TROUBLE TRAINING VINYASA YOGA | DANCE CALIENTE EVEREST | | | 7:00-8:00 |
| 8:00-9:00 | LOWER BODY VINYASA YOGA ^{90 min} | BLAST OFF THE WALL | DANCE CALIENTE VINYASA YOGA ^{90 min} | EVEREST PILATES | BUMPER CHALLENGE | | | 8:00-9:00 |
| 8:00-9:00 | | G FORCE | | SHOCK TREATMENT | | | | 8:00-9:00 |
| 9:00-10:00 | TSUNAMI | DANCE CALIENTE | HIIT 2 | DANCE CALIENTE | E TABATA VINYASA YOGA ^{90 min} | | | 9:00-10:00 |
| 9:30-10:30 | | | | | | BLAST ^{90 min} | | 9:30-10:30 |
| 10:00-11:00 | UNSTOPPABLE ^{90 min} STRONG FLOW | UPPER BODY | UNSTOPPABLE ^{90 min} BARRÉ | MINUTE BY MINUTE | SASSY SASS | DANCE CALIENTE | | 10:00-11:00 |
| 11:00-12:00 | | AQUAFITNESS | VINYASA YOGA ^{90 min} | AQUAFITNESS | NATACIÓN | YOGA RESTAURATIVO ^{90 min} | | 11:00-12:00 |
| 12:00-13:00 | NATACIÓN | AQUAFITNESS | | STRETCHING | | | | 12:00-13:00 |
| 12:30-13:30 | | | | | | YOGA RESTAURATIVO | | 12:30-13:30 |
| 13:00-14:00 | | PILATES | DANCE CALIENTE | | | | | 13:00-14:00 |
| 14:15-15:15 | DOUBLE BOSU | DANCE CALIENTE | UPPER BODY | DANCE CALIENTE | | | | 14:15-15:15 |
| 17:00-18:00 | | BUMPER CHALLENGE AQUAFITNESS | | AQUAFITNESS | | | | 17:00-18:00 |
| 18:00-19:00 | | DANCE CALIENTE | | UPPER BODY | | | | 18:00-19:00 |
| 18:30-19:30 | OFF THE WALL | CONTROLOGY | PILATES RESTAURATIVO | VINYASA YOGA ^{90 min} | | | | 18:30-19:30 |
| 19:00-20:00 | MINUTE BY MINUTE | EVEREST TERMINATOR | | BLAST SASSY SASS | | | | 19:00-20:00 |
| 19:30-20:30 | OFF THE WALL | PILATES BARRÉ FUSION | BLAST ^{90 min} DANCE CALIENTE ^{90 min} | | | | | 19:30-20:30 |
| 19:30-20:30 | | | CONTROLOGY | | | | | 19:30-20:30 |
| 20:00-21:00 | CYCLE HIIT DANCE CALIENTE | BLAST CRUSHING BEAT ^{90 min} | | XTREME TRAINING | | | | 20:00-21:00 |
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