

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	DANCE CALIENTE EVEREST			7:00-8:00
8:00-9:00	LOWER BODY VINYSA YOGA ^{90 min}	BLAST	DANCE CALIENTE	EVEREST	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 VINYSA 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	VINYSA YOGA ^{90 min}	AQUAFITNESS	NATACIÓN	YOGA RESTAURATIVO ^{90 min}		11:00-12:00
12:00-13:00	NATACIÓN	AQUAFITNESS						12:00-13:00
12:15-13:15				STRETCHING				12:15-13:15
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	PILTES RESTAURATIVO	VINYSA 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
🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒