

Horarios Cancún



Clases

Enersize/E-Dance

Ener-Relaxation

Ener-Cycling

Alberca

HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORARIO
7:00-8:00	KILLER TRAINING ★	ABS & BOOTY	TOWEL EXPLOSION	CIRCUIT TRAINING	KILLER TRAINING ★			7:00-8:00
7:15-8:15		TRIATHLON YOGA	POWER BALL PILATES	PILATES BARRE				7:15-8:15
7:30-8:30	ENER CYCLE	ENER CYCLE ★	ENER-CYCLE ENDURANCE	ENER CYCLE				7:30-8:30
8:00-9:00	AQUA RUNNING ENER STEP	AQUA X-TREME SIT & TRAIN	KICKBOARDING CHALLENGE DANCE CHISEL	AQUA X-TREME ABS & BOOTY	AQUA X-TREME ENER STEP			8:00-9:00
8:15-9:15	VINYASA YOGA	ASHTANGA YOGA	VINYASA YOGA	FAT BURNING PILATES				8:15-9:15
8:30-9:30								8:30-9:30
9:00-10:00		DANCE CALIENTE	AQUA FITNESS	DANCE CALIENTE	DANCE CALIENTE OLDIES ★			9:00-10:00
9:15-10:15								9:15-10:15
9:30-10:30								9:30-10:30
10:00-11:00						DANCE CALIENTE		10:00-11:00
10:15-11:15	HATHA YOGA	ASHTANGA YOGA	HATHA YOGA	ASHTANGA YOGA	YOGA RESTAURATIVA 90 min	VINYASA YOGA 90 min	ASHTANGA YOGA 90 min	10:15-11:15
10:30-11:30								10:30-11:30
11:00-12:00								11:00-12:00
11:15-12:15								11:15-12:15
11:30-12:30								11:30-12:30
12:00-13:00								12:00-13:00
12:15-13:15								12:15-13:15
14:15-15:15								14:15-15:15
18:00-19:00								18:00-19:00
18:15-19:15								18:15-19:15
18:30-19:30								18:30-19:30
19:00-20:00	DANCE CALIENTE	SIT & TRAIN	CAPOEIRA ENERGY	KILLER TRAINING ★	DANCE CALIENTE			19:00-20:00
19:15-20:15	ASHTANGA YOGA	TRIATHLON YOGA	ASHTANGA YOGA	ASHTANGA YOGA	YOGA RESTAURATIVA 90 min			19:15-20:15
19:30-20:30		ENER CYCLE		ENER-CYCLE ENDURANCE				19:30-20:30
20:00-21:00	AQUA RUNNING KILLER TRAINING ★	KICKBOARDING CHALLENGE DANCE CHISEL	AQUA X-TREME TOWEL EXPOSITION	AQUA X-TREME DANCE CHISEL				20:00-21:00
20:15-21:15		ASHTANGA YOGA	ASHTANGA YOGA	ASHTANGA YOGA				20:15-21:15
20:30-21:30	UNSTOPPABLE		ENER CYCLE					20:30-21:30
21:00-22:00		CIRCUIT TRAINING		STEP UP				21:00-22:00
21:15-22:15								21:15-22:15
HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	HORARIO