

HORARIOS MP ARAGÓN

VERANO 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 | | | | | | | | 6:00-7:00 |
| 7:00-8:00 | | | | | | | | 7:00-8:00 |
| 8:00-9:00 | UPPER BODY ★ | PILATES ★ | STRONG FLOW | DANCE CALIENTE EVEREST | TABATA ★ | VINYASA YOGA BLAST | | 8:00-9:00 |
| 9:00-10:00 | DANCE CALIENTE EVEREST | STEP | PILATES | BUMPER CHALLENGE | DANCE CALIENTE | HIIT 3 | | 9:00-10:00 |
| 9:00-10:00 | | | | AQUA FITNESS | BLAST | | | 9:00-10:00 |
| 10:00-11:00 | STRONG FLOW AQUA FITNESS | | | | AQUA FITNESS | DANCE CALIENTE | | 10:00-11:00 |
| 12:00-13:00 | | | | | | | | 12:00-13:00 |
| 13:00-14:00 | | | | | | | | 13:00-14:00 |
| 14:00-15:00 | | | | | | | | 14:00-15:00 |
| 15:00-16:00 | | | | | | | | 15:00-16:00 |
| 16:00-17:00 | | | | | | | | 16:00-17:00 |
| 18:00-19:30 | | | | AQUA FITNESS | | | | 18:00-19:30 |
| 18:00-19:00 | | YOGA RESTAURATIVO ● 90 min | | | | | | 18:00-19:00 |
| 19:00-20:00 | DANCE CALIENTE AQUA FITNESS | EVEREST | DANCE CALIENTE | BLAST | | | | 19:00-20:00 |
| 20:00-21:00 | BUMPER CHALLENGE BLAST | ENERPOWER ★ | UPPER BODY ★ | HIIT MANIA | | | | 20:00-21:00 |
| 21:00-22:00 | | | | | | | | 21:00-22:00 |
| 22:00-23:00 | | | | | | | | 22:00-23:00 |
| 🕒 | LUN | MAR | MIE | JUE | VIE | SAB | DOM | 🕒 |