

HORARIOS MUNDO E

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		CYCLE HIIT ★	ENER POWER ★	CYCLE HIIT ★	HIIT 1 ★			7:00-8:00
8:00-9:00	CYCLE HIIT ★		BLAST ★	TOWEL XPLOTION ★				8:00-9:00
9:00-10:00	DANCE CALIENTE	DANCE CALIENTE	DANCE CALIENTE YOGA RESTAURATIVO	FUSION BEAT	HATHA YOGA	DANCE CALIENTE BLAST		9:00-10:00
10:00-11:00	BUMPER CHALLENGE	HATHA YOGA		POUND		YOGA RESTAURATIVO STEP		10:00-11:00
10:30-11:30	AQUA FITNESS				AQUA FITNESS			10:30-11:30
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
17:00-18:00								17:00-18:00
18:00-19:00	PILATES MAT		YOGA OFF THE WALL					18:00-19:00
19:00-20:00		DANCE CALIENTE BLAST ★		FUSION BEAT CYCLE HIIT ★				19:00-20:00
20:00-21:00	BUMPER CHALLENGE ★	UPPER BODY ★ VINYASA YOGA	ENERGY STORM ★	TONING MANIA ★ HATHA YOGA	POUND			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	🕒