

HORARIOS PARQUES POLANCO



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			BLAST	VINYASA YOGA	VINYASA YOGA			7:00-8:00
8:00-9:00	BUMPER CHALLENGE ★	VINYASA FLOW	CIRCUIT TRAINING	YOGA RESTAURATIVO	YOGA RESTAURATIVO	HIIT MANIA		8:00-9:00
9:00-10:00	DANCE CALIENTE	YOGA RESTAURATIVO	DANCE CALIENTE		DANCE CALIENTE PILATES TOTAL WORKOUT	EVEREST		9:00-10:00
10:00-11:00	AQUA FITNESS		AQUA FITNESS		VINYASA YOGA			10:00-11:00
10:00-11:30						STREET DANCE 90 min		10:00-11:30
11:00-12:30								11:00-12:30
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	DANCE CALIENTE	VINYASA						18:00-19:00
19:00-20:00	HIIT MANIA	BUMPER CHALLENGE	PILATES TOTAL WORKOUT	TERMINATOR ★				19:00-20:00
19:00-20:00			EVEREST					19:00-20:00
20:00-21:00			STRETCHING ★	SPORT CONDITION ★				20:00-21:00
20:00-21:00			STREET DANCE					20:00-21:00
🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒