

HORARIOS CANCÚN

OTOÑO 2024



■ 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					ENER STEP ★			7:00-8:00
7:30-8:30	BLAST		BLAST					7:30-8:30
8:00-9:00	POWER BALL AQUA ★	AQUA DANCE ★	AQUA FITNESS	AQUA RUNNING ★	AQUA FREESBEE ★			8:00-9:00
8:00-9:00		BUMPER CHALLENGE		UPPER BODY ★	EVEREST			8:00-9:00
9:15-10:15	DANCE CALIENTE		DANCE CALIENTE		DANCE CALIENTE	DANCE CALIENTE		9:15-10:15
10:00-11:00		AQUA FITNESS		AQUA FITNESS				10:00-11:00
10:30-12:00	HATHA YOGA 90 min		HATHA YOGA 90 min	ANUSARA YOGA 90 min	YOGA RESTAURATIVO 90 min			10:30-12:00
11:00-12:30		ACRO YOGA 90 min						11:00-12:30
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	TERMINATOR ★	DANCE CALIENTE	POWER BRAIN ★	POWER BALL ★				18:00-19:00
19:00-20:00	DANCE CALIENTE	BUMPER CHALLENGE	DANCE CALIENTE	UPPER BODY	ENER STEP			19:00-20:00
19:00-20:30	HATHA YOGA 90 min	HATHA YOGA 90 min	VINYASA YOGA 90 min	ASHTANGA YOGA 90 min	ASHTANGA YOGA 90 min			19:00-20:30
19:15-20:15		BLAST		BLAST				19:15-20:15
20:15-21:15	AQUA FITNESS		AQUA FITNESS					20:15-21:15
🕒	LUN	MAR	MIE	JUE	VIE	SAB	DOM	🕒