

HORARIOS MP ARAGÓN

OTOÑO 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	ENER STORM ★	BOX AND DRILLS ★	E TABATA	DANCE CALIENTE		CICLYE HIIT ★ VINYASA YOGA		8:00-9:00
8:30-9:30					YOGA RESTAURATIVO			8:30-9:30
9:00-10:00	DANCE CALIENTE CYCLE HIIT	PILATES AQUA FITNESS ★	STEP BÁSICO	AQUA FITNESS	BLAST	HIIT 3 AQUA FITNESS ★		9:00-10:00
9:30-10:30					STRETCHING			9:30-10:30
10:00-11:00	STRONG FLOW AQUA FITNESS	DANCE CALIENTE	PILATES ★		AQUA FITNESS	DANCE CALIENTE		10:00-11:00
11:00-12:00								11:00-12:00
13:00-14:00								13:00-14:00
15:00-16:00								15:00-16:00
16:00-17:00								16:00-17:00
18:00-19:30								18:00-19:30
18:00-19:00		VINYASA YOGA ★	AQUA FITNESS ★	AQUA FITNESS				18:00-19:00
19:00-20:00	DANCE CALIENTE AQUA FITNESS	STRETCHING EVEREST	DANCE CALIENTE CYCLE HIIT ★	BALLROOM DANCING BLAST				19:00-20:00
20:00-21:00	BUMPER CHALLENGE BLAST	TERMINATOR ★	UPER BODY ★	STRONG FLOW ★				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	🕒