

# HORARIOS/SCHEDULE YOGA

|       | LUNES / MONDAY           | MARTES / TUESDAY                                  | MIÉRCOLES / WEDNESDAY            | JUEVES / THURSDAY   | VIERNES / FRIDAY                         | SABADO / SATURDAY         | DOMINGO / SUNDAY   |
|-------|--------------------------|---|----------------------------------|---|--|---------------------------|--------------------|
| 9.00  | HATHA YOGA               | HATHA YOGA  | YOGA ENERGÉTICO                  | HATHA YOGA  | YOGA CLÁSICO                             |                           |                    |
| 9.30  | CYCLING                  | ACTIVATE FITNESS                                  | CYCLING                          | FITBALL TRAINING  | CYCLING                                  | INICIACIÓN AIR YOGA (60') |                    |
| 10.00 |                          |   |                                  |   |  |                           | INICIACIÓN AL YOGA |
| 10.30 | TRX                      | ACTIVATE FUNCIONAL                                | STEP INICIACIÓN AL YOGA          | GAP   | ACTIVATE CORE (30')                      | ACTIVATE PUMP             | ACTIVATE FUNCIONAL |
| 11.30 | POLE DANCE               | POWER-CROSS YOGA                                  | INICIACIÓN AIR YOGA (60')        |   |  | POLE DANCE                | POLE DANCE/ARO     |
| 15.00 | GAP                      |   | CYCLING                          |   | ACTIVATE FUNCIONAL                       |                           |                    |
| 17.30 |                          |   |                                  |   |  |                           |                    |
| 18.00 | ACTIVATE FUNCIONAL       | TRX   | CYCLING<br>ACTIVATE FITNESS      | GAP   | INICIACIÓN AL YOGA<br>ACTIVATE FUNCIONAL |                           |                    |
| 18.10 |                          |   |                                  |   | POLE DANCE/ARO                           |                           |                    |
| 19.00 | CARDIO BOX<br>HATHA YOGA | FITBALL TRAINING<br>ZUMBA<br>BALLET<br>HATHA YOGA | ACTIVATE PUMP<br>YOGA ENERGÉTICO | POUND®<br>BALLET<br>AIR YOGA AVANZADO (60')<br>HATHA YOGA |  |                           |                    |
| 19.10 | POLE DANCE               |   | POLE DANCE                       |   | POLE DANCE                               |                           |                    |
| 20.00 |                          |   |                                  |   | STRETCHING (40')                         |                           |                    |

SE REQUIERE RESERVA PREVIA PARA TODAS LAS CLASES / PRIOR RESERVATION IS REQUIRED FOR ALL CLASSES  
DESCÁRGATE NUESTRA APP / DOWNLOAD OUR APP

DURATION YOGA CLASSES: 90 MIN. | DURATION FITNESS CLASSES: 50 MIN.

07/2019

SUJETO A CAMBIOS / SUBJECT TO CHANGE

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