

HORARIOS/SCHEDULE YOGA



	LUNES / MONDAY	MARTES / TUESDAY	MIÉRCOLES / WEDNESDAY	JUEVES / THURSDAY	VIERNES / FRIDAY	SABADO / SATURDAY	DOMINGO / SUNDAY
9.00	AIR YOGA FIT (75') HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA		
9.30	CYCLING	ACTIVATE PUMP	CYCLING	TRX	CYCLING	INICIACIÓN AIR YOGA (60')	
10.00							INICIACIÓN AL YOGA
10.30	TRX	ACTIVATE FUNCIONAL	ACTIVATE CORE (30') STEP (30') INICIACIÓN AL YOGA	GAP	ACTIVATE CORE (30') ZUMBA (30')	ACTIVATE PUMP	ACTIVATE FUNCIONAL
11.30	POLE DANCE		INICIACIÓN AIR YOGA (60')			POLE DANCE	POLE DANCE/ARO
18.00	ACTIVATE FUNCIONAL ZUMBA CYCLING	TRX FITBALL TRAINING	CYCLING ACTIVATE PUMP	CYCLING GAP	ACTIVATE FUNCIONAL INICIACIÓN AL YOGA		
18.10	POLE DANCE				POLE DANCE/ARO		
19.00	HATHA YOGA CARDIO BOX ACTIVATE PUMP	HATHA YOGA GAP ZUMBA BALLET	HATHA YOGA CARDIO BOX ACTIVATE FUNCIONAL	AIR YOGA AVANZADO (60') ACTIVATE CORE (30') ZUMBA BALLET	CYCLING		
19.10	POLE DANCE		POLE DANCE		POLE DANCE		
20.00	TRX (30')		ACTIVATE CORE (30')				
20.10					STRETCHING		

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.

02/2020

SUJETO A CAMBIOS / SUBJECT TO CHANGE

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