



	FUERZA	POTENCIA	RESISTENCIA	FUERZA	POTENCIA	FULL BODY	
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6 ^A M	Escape Stronger Club	Stages Latin Beat Prama Athletic Club	Escape Body Weight	Stages Hills Prama Strong	Escape BootCamp B-Box		
8 ^{AM} :30	B-Box	Escape Bootcamp ZUMBA	B-Box	Escape Strong Zumba	B-Box	YOGA (8:45 AM)	
9 ^A M	Prama Strong		Prama Core				
9 ^{AM} :45	Yoga	Yoga	Yoga	Pilates	Yoga		
10 ^A M						ZUMBA Escape Full Body	
11 ^A M						Stages Latin Beat	Stages Open Cycle
12 ^{PM} :15	Stages Hills		Stages Open Cycling	Escape Stronger Club	Prama Burn SPIN & MOVE Stages	Prama Burn	
5 ^P M	Prama Strong	Escape Bootcamp	Prama Core	Escape Stronger club			
5 ^{PM} :15		Zumba		Zumba			
6 ^P M	Escape Stronger Club	Prama Athletic Club	Escape Movilidad	Escape Stronger Club	Escape BootCamp		
6 ^{PM} :15	Stages Hills Fit Combat	Stages Latin Beat Yoga	Stages Open Cycling	SPIN & MOVE stages Yoga			
7 ^{PM} :15	Prama Strong BBOX		Prama Core BBOX				

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FUNCIONAL ESCAPE

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6AM	Escape Stronger Club		Escape Body Weight		Escape BootCamp	
8:30AM		Escape Bootcamp		Escape Strong		
10AM						Escape Full Body
12:15PM				Escape Stronger Club		
5PM		Escape Bootcamp		Escape Stronger Club		
6PM	Escape Stronger Club		Escape Movilidad	Escape Stronger Club	Escape BootCamp	



MOVEMENT ROOM

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
8:30AM		ZUMBA		ZUMBA		YOGA (8:45 AM)
9:45AM	YOGA	YOGA	YOGA	PILATES	YOGA	
10:00AM						ZUMBA
5:15PM		ZUMBA		ZUMBA		
6:15PM	FIT COMBAT	YOGA		YOGA		



STAGES

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6AM		STAGES Latin Beat		Stages Hills			
9AM							
11AM					Stages Latin Beat	Stages Open Cycle	
12:15PM	Stages Hills		Stages Open Cycling		Spin&Move Stages		
6:15PM	Stages Hills	Stages Latin Beat	Stages Open Cycling	Spin&Move Stages			



PRAMA

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6AM		PRAMA Athletic Club		Prama Strong		
8:30AM						
9:00AM	Prama Strong		PRAMA Core			
12:15PM					Prama Burn	Prama Burn
5PM	Prama Strong		PRAMA Core			
6PM		Prama Athletic Club				
7:15PM	Prama Strong		Prama Core			



BBOX

HORA	LUNES	MIÉRCOLES	VIERNES
6AM			BBOX
8:30AM	BBOX	BBOX	BBOX
7:15 PM	BBOX	BBOX	



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