

# ENERGYM

## HORARIO DE CLASES GRUPALES



	FUERZA	POTENCIA	RESISTENCIA	FUERZA	POTENCIA	FULL BODY	
	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6 <sup>A</sup> M	<b>Escape</b> Stronger Club	<b>Stages</b> Latin Beat <b>Prama</b> Athletic Club	<b>Escape</b> Body Weight	<b>Stages</b> Hills <b>Prama</b> Strong	<b>Escape</b> BootCamp <b>B-Box</b>		
8 <sup>AM</sup> :30	<b>B-Box</b>	<b>Escape</b> Bootcamp <b>ZUMBA</b>	<b>B-Box</b>	<b>Prama</b> Strong <b>Zumba</b>	<b>B-Box</b>	<b>YOGA</b> (8:45 AM)	
9 <sup>A</sup> M	<b>Stages</b> Hills						
9 <sup>AM</sup> :15			<b>Prama</b> Core				
9 <sup>AM</sup> :45	<b>Yoga</b>	<b>Yoga</b>	<b>Yoga</b>	<b>Pilates</b>	<b>Yoga</b>		
10 <sup>A</sup> M						<b>ZUMBA</b> <b>Escape</b> Full Body	
11 <sup>A</sup> M						<b>Stages</b> Latin Beat	<b>Stages</b> Open Cycle
12 <sup>PM</sup> :15	<b>Stages</b> Hills <b>Escape</b> Stronger Club	<b>Escape</b> BootCamp <b>Stages</b> Extreme Cycle	<b>Stages</b> Open Cycling <b>Escape</b> Body Weight	<b>Stages</b> Hills <b>Escape</b> Stronger Club	<b>Prama</b> Athletic Club <b>Stages</b> Extreme Cycle	<b>Prama</b> Burn	
5 <sup>P</sup> M	<b>Escape</b> Stronger Club	<b>Prama</b> Burn	<b>Escape</b> Body Weight	<b>Prama</b> Strong			
5 <sup>PM</sup> :15		<b>Zumba</b>	<b>Twerking</b>	<b>Zumba</b>			
6 <sup>P</sup> M	<b>Prama</b> Strong <b>Stages</b> Hills	<b>Prama</b> Athletic Club <b>Stages</b> Latin Beat	<b>Stages</b> Open Cycling <b>Escape</b> Movilidad	<b>Escape</b> Stronger Club <b>Stages</b> Hills			
6 <sup>PM</sup> :15	<b>Fit Combat</b>	<b>Yoga</b>	<b>Fit Combat</b>	<b>Yoga</b>			
7 <sup>P</sup> M	<b>Prama</b> Strong Principiantes	<b>Escape</b> Bootcamp Principiantes	<b>Prama</b> Core	<b>Escape</b> Stronger Club			
7 <sup>PM</sup> :15	<b>BBOX</b>		<b>BBOX</b>				

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## HORARIO SALAS BOUTIQUE



### FUNCIONAL ESCAPE

HORA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6AM	Escape Stronger Club		Escape Body Weight		Escape BootCamp	
8:30AM		Escape Bootcamp				
10AM						Escape Full Body
12:15PM	Escape Stronger Club	Escape BootCamp	Escape Body Weight	Escape Stronger Club		
5PM	Escape Stronger Club		Escape Body Weight			
6PM			Escape Movilidad	Escape Stronger Club		
7PM		Escape Bootcamp Principiantes		Escape Stronger Club		



### 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	Twerking	ZUMBA		
6:15PM	FIT COMBAT	YOGA	FIT COMBAT	YOGA		



### STAGES FLIGHT

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



### PRAMA

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



### BBOX

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



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