

Horario

MULTISPA

ESCAZÚ

LUNES

GR
08:30 am
ZUMBA (Adrian)

FZ
09:30 am
Endorphins
(Marco)

GR
05:00 pm
Killer Body
(Adam)

GR
06:00 pm
Pilates
(Ana)

FZ
06:00pm
Re-Build
(Daniel)

R
06:30 pm
Burn Party
(Marco)

GR
07:00 pm
Endorphins
(Daniel)

MARTES

GR
08:30 am
Lower Body
(Daniela)

GR
09:30 am
Pound
(Marco)

GR
12:00 md
VIPR
(Marco)

FZ
06:00 pm
Level Up
(Daniel)

R
06:30 pm
Iron Bike
(Sebastian)

GR
07:00 pm
Zumba
(Hugo)

MIÉRCOLES

R
06:00 am
Burn Party
(Marco)

FZ
08:30 am
Level Up
(Marco)

GR
09:30 am
Zumba
(Laura)

GR
05:00 pm
Zumba
(Hugo)

GR
06:00 pm
Pilates
(Cindy)

FZ
06:00 pm
Fire Rounds
(Carlos)

FZ
07:00 pm
Endorphins
(Daniel)

JUEVES

GR
08:30 am
Strong
(Marco)

GR
09:30 am
Pilates
(Miguel H)

R
10:30 am
Iron Bike
(Marco)

GR
05:45 pm
Yoga
(Juan K)

FZ
06:00 pm
Level Up
(Andres)

R
06:30 pm
Rock and Roll
(Marco)

GR
07:00 pm
Zumba
(Karol)

VIERNES

GR
08:30 am
Zumba
(Kemwell)

P
09:00 am
AquaXtream
(Daniela V)

GR
09:30 am
Connect Yoga
(Cianne)

FZ
06:00 pm
RE-Build
(Anchia)

SÁBADO

GR
09:00 am
Zumba
(Adam)

FZ
09:30 am
Fire Rounds
(Marco)

GR
10:30 am
Endorphins
(Daniel)

DOMINGO

R
10:00 am
Rock and Roll
(Marco)

GROUP ROOM = GR --- RIDE = R --- FIRE ZONE = FZ --- PISCINA = P