

HORARIO

BL⚡TZ

SEDE ESCAZÚ



DE LUNES A VIERNES DE 5 A.M. A 9 P.M. - SÁBADO DE 7 A.M. A 3 P.M. - DOMINGO DE 9 A.M. A 1 P.M.

STRIKE

CLASES DE FUERZA ESTRUCTURADA



Lunes	Martes	Miércoles	Jueves	Viernes
06:00 am LIFT	06:30 am LIFT2RUN	06:00 am LIFT	06:30 am LIFT2RUN	06:00 am LIFT
07:00 am LIFT	10:00 am LIFT	07:00 am LIFT	10:00 am LIFT	07:00 am LIFT
10:00 am LIFT	06:00 pm LIFT2RUN	11:00 am LIFT	06:00 pm LIFT2RUN	10:00 am LIFT
11:00 am LIFT	07:00 pm LIFT	06:00 pm LIFT	07:00 pm LIFT	11:00 am LIFT
06:00 pm LIFT		07:00 pm LIFT		06:00 pm LIFT
07:00 pm LIFT				07:00 pm LIFT

PULSE

CARDIO METABÓLICO Y HIIT



Lunes

09:00 am
R8

06:00 pm
R8

Martes

08:00 am
RIDE

11:00 am
Metabolic
Fusion

07:00 pm
RIDE

Miércoles

06:00 am
RIDE

09:00 am
R8

Jueves

09:00 am
RIDE

11:00 am
Metabolic
Fusion

07:00 pm
RIDE

Viernes

06:00 am
R8

Sábado

11:00 am
BLEND

Domingo

10:00 am
RIDE

AURA

SALA DE CLASES DE DANZA, YOGA, PILATES Y BARRE



Lunes

08:00 am
BARRE

06:00 pm
BAILE

Martes

06:00 pm
BARRE

Miércoles

08:00 am
PILATES

06:00 pm
YOGA

Jueves

08:00 am
BARRE

06:00pm
BARRE

Viernes

08:00 am
YOGA

09:00 am
BAILE

06:00 pm
BARRE

Sábado

09:00 am
BARRE

10:00am
PILATES

Domingo

09:00 am
BARRE