



MULTISPA

HORARIO

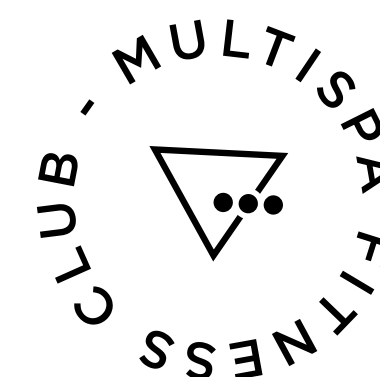
SEDE DE HEREDIA

DE LUNES A VIERNES DE 5:00 A.M. A 10:00 P.M. - SÁBADO DE 8:00 A.M. A 3:00 P.M. - DOMINGO DE 8:30 A.M. A 2:30 P.M.

EVENTOS

Y ACTIVIDADES

ESPECIALES



AGENDA MULTISPA
CLASES ESPECIALES DEL MES DE
MARZO 2026

Sábado 7

10:00 am a 11:30 am

Taller "Bases del movimiento"

Sala Team Training

Martes 3

7:00 pm a 08:00 pm

Simulacro "Desafío Multispa"

Sala Team Training

Miércoles 4

07:00 am a 08:00 am

Simulacro "Desafío Multispa"

Sala Team Training

Viernes 13

12:00 md a 01:00 pm

Simulacro "Desafío Multispa"

Sala Team Training

Martes 17

07:00 am a 08:00 am

Simulacro "Desafío Multispa"

Sala Team Training

Sábado 21

7:00 am a 08:00 pm

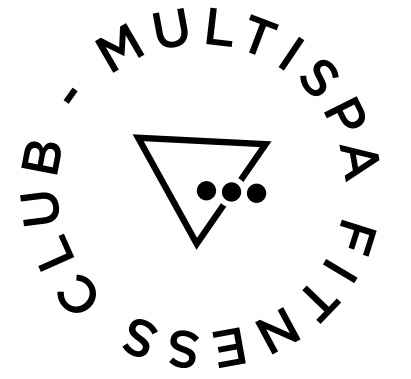
Desafío Multispa

Plaza Central Santa Verde y Sala

Team Training

Horario regular

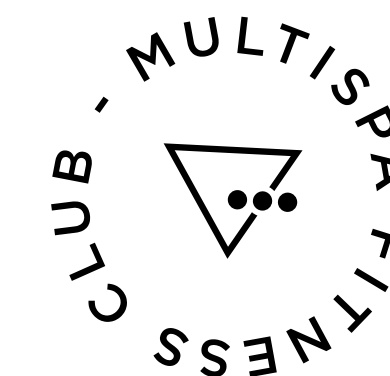
GRUPALES



Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
07:00 am Barre (Sharon)	04:30 pm Barre (Fernanda)	07:00 am Yoga (Juan J.)	07:00 am Pound (Marco N.)	07:00 am Pilates (Sofía L.)	08:00 am Barre (Sharon)	10:00 am Yoga (Anayansy)
05:00 pm Cardio Dance (Jenny)	06:00 pm Zumba (Adam)	08:00 am Barre (Fernanda)	05:00 pm Pilates (Sofía C.)	05:00 pm Cardio Box (Jeramy)	09:30 am Yoga (Camila)	
06:00 pm GAP (Adam)	07:00 pm Yoga (Franz)	05:00 pm RIP 60 (Jeramy)	06:00 pm GAP (Jimena)	06:00 pm Cardio Dance (Jackson)	11:00 am Tonning (Jeramy)	
07:00 pm Pilates (Fiorella)		06:00 pm Zumba (Adrián)	07:00 pm Yoga (David H.)		12:00 md Zumba (William)	
		07:00 pm Tonning (Jeramy)				

Horario regular

OTRAS MODALIDADES



Domingo

09:00 am

Sunday Mix

- **01 Marzo**

Tonning
(Jeramy)

- **08 Marzo**

Pound
(Abigail Alemán)

- **22 Marzo**

Spinning
(Eladio)

- **29 Marzo**

- Barre
(Abigail)

learn



training

TEAM TRAINING



HORARIO	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
06:00 a.m.	METCON (Adam)	FORCE (Adam)	METCON (Diego)	FORCE (Adam)	METCON (Adam)		
07:00 a.m.	METCON (Diego)	FORCE (Marlon)	METCON (Diego)	FORCE (Marlon)	METCON (Diego)		
09:00 a.m.						BLEND	
12:00 p.m.	METCON (Marlon)	FORCE (Kevin)	METCON (Fernanda)	FROCE (Dylson)	METCON (Marlon)		
05:00 p.m.	METCON (Jason)	FORCE (Jason)	METCON (Lester)	FORCE (Jason)			
05:30 p.m.					METCON (Lester)		
06:00 p.m.	METCON (Lester)	FORCE (Lester)	METCON (Jason)	FORCE (Fernanda)		METCON (Dylson)	
06:30 p.m.							
07:00 p.m.	METCON (Dylson)	FORCE (Fernanda)	METCON (Dylson)	FORCE (Fernanda)			