

PARRILLA CLASES GRUPALES 2025

	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO
MAÑANA	8:30 a.m. - 9:30 a.m. YOGA TERAPEUTICO	8:30 a.m. - 9:30 a.m. ENTRENAMIENTO FUNCIONAL	8:30 a.m. - 9:30 a.m. ZEN BARRE	8:30 a.m. - 9:30 a.m. SPINNING DE MONTAÑA	8:30 a.m. - 9:30 a.m. VINYASA YOGA	Clases especiales programación semanal Consulta disponibilidad en recepción o canales oficiales
	9:30 a.m. - 10:30 a.m. SPINNING VELOCIDAD	09:30 a.m. - 10:30 a.m. PILATES CONTEMPORANEO	9:30 a.m. - 10:30 a.m. RUMBA	9:00 a.m. - 10:00 a.m. FIT POWER	9:30 a.m. - 10:30 a.m. BODY COMBAT	
	9:30 a.m. - 10:30 a.m. BALANCE AND STRENGTH	10:00 a.m. - 11:00 a.m. INDOOR CYCLING	9:30 a.m. - 10:30 a.m. CROSS TRAINING	9:30 a.m. - 10:30 a.m. ENTRENAMIENTO ADULTO MAYOR	09:30 a.m. - 11:30 a.m. SPINNING TERRENOS DESCONOCIDOS	
	10:30 a.m. - 11:30 a.m. RUMBA FLOW	10:30 a.m. - 11:30 a.m. YIN YOGA	10:30 a.m. - 11:30 a.m. YOGA STRETCH	10:00 a.m. - 11:00 a.m. FULL PARTY	10:30 a.m. - 11:30 a.m. POWER RUMBA	
	10:30 a.m. - 11:30 a.m. ENTRENAMIENTO ADULTO MAYOR			11:00 a.m. - 12:00 m. YOGA TERAPEUTICO	10:30 a.m. - 11:30 a.m. ENTRENAMIENTO EN SUSPENSIÓN	
TARDE	4:30 p.m. - 5:30 p.m. RUMBA	4:30 p.m. - 5:30 p.m. BODY COMBAT	4:30 p.m. - 5:30 p.m. SPINNING DE MONTAÑA	4:30 p.m. - 5:30 p.m. BALANCE AND STRENGTH		
	5:30 p.m. - 6:30 p.m. ENTRENAMIENTO CON MANCUERNAS	5:30 p.m. - 6:30 p.m. FULL PARTY	5:30 p.m. - 6:30 p.m. VINYASA YOGA	5:30 p.m. - 6:30 p.m. RUMBA FLOW		

Recuerde que los horarios y clases pueden variar. Le recomendamos confirmar la programación antes de su asistencia.