

ENERGYM

HORARIO SALAS GENERALES

ABRIL - JULIO 2018

1 PERSONA

	PRECIO	MATRÍCULA
MENSUALIDAD	\$100	\$90
TRIMESTRE	\$275	\$75
SEMESTRE	\$535	\$0
ANUAL	\$1040	\$0

CIUDADANO DE ORO/ESTUDIANTES

	PRECIO	MATRÍCULA
MENSUALIDAD	\$90	\$80
TRIMESTRE	\$250	\$55
SEMESTRE	\$485	\$0
ANUAL	\$950	\$0

+2 PERSONAS

	PRECIO	MATRÍCULA
MENSUALIDAD	\$95	\$50
TRIMESTRE	\$255	\$35
SEMESTRE	\$500	\$0
ANUAL	\$970	\$0



HORA



SALAS

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

SÁBADO

DOMINGO

6 AM

6:00 AM **FUNCIONAL ESCAPE**

• WARRIOR PUMP **EMMA**

• BEAST **DIEGO**

• T.N.T **EMMA**

• WHIPPED **DIEGO**

7 AM

7:00 AM **FUNCIONAL ESCAPE**

• BEAST **EMMA**

• STRENGTH **JOTA**

• WHIPPED **EMMA**

• ENERGY **PEDRO**

8 AM

7:15 AM **STAGES FLIGHT**

• TAKE FLIGHT **DIEGO**

• RHYTHM FLIGHT **DIEGO**

• BEAT COCO **EMMA**

8:15 AM **FUNCIONAL ESCAPE**

• WHIPPED **DIEGO**

• T.N.T **EMMA**

• WARRIOR PUMP **EMMA**

• BEAST **EMMA**

• T.N.T **DIEGO**

8:30 AM **PRAMA • ENERGY***

• ENERGY **EMMA**

• TAKE FLIGHT **JOTA**

• STRENGTH **DIEGO**

• BEAT COCO **JOTA**

• ENERGY **EMMA**

STAGES FLIGHT

• RESHAPE LOWER BODY **LEO**

• ZUMBA **ALEJANDRO**

• RESHAPE UPPER BODY **CARLOS**

• ZUMBA **CLAUDIO**

• FULL BODY BOOTCAMP **CARLOS LÓPEZ**

MOVEMENT ROOM

• T.N.T **PEDRO**

• BEAST **PEDRO**

• WHIPPED **PEDRO**

9 AM

9:15 AM **FUNCIONAL ESCAPE**

• T.N.T **PEDRO**

• BEAST **PEDRO**

• WHIPPED **PEDRO**

9:30 AM **STAGES FLIGHT**

• ZUMBA **ALEJANDRO**

• CYCLE XPRESS **DIEGO**

• TAKE FLIGHT **PEDRO**

• RHYTHM FLIGHT **PEDRO**

MOVEMENT ROOM

• ZUMBA **ALEJANDRO**

• FUSIÓN PILATES **CINDY**

• RESHAPE LOWER BODY **REBECA**

• FUSIÓN PILATES **ANA CARLA**

• ZUMBA **ALEJANDRO** • YOGA OM ATHLETICS **CAROLINA**

10 AM

10:00 AM **STAGES FLIGHT**

• RHYTHM FLIGHT ROTATIVO • BEAT COCO ROTATIVO

FUNCIONAL ESCAPE

• T.N.T ROTATIVO

• WHIPPED ROTATIVO

10:30 AM **MOVEMENT ROOM**

• YOGA FLOW DAY **SOPHIA**

• YOGA FLOW DAY **SOPHIA**

• LATIN DANCE **ESLY**

10:45 AM **MOVEMENT ROOM**

• ZUMBA **CLAUDIO**

11 AM

11:00 AM **PRAMA • ENERGY***

• ENERGY ROTATIVO

12 PM

12:15 PM **PRAMA • ENERGY***

• STRENGTH **EMMA**

• ENERGY **PEDRO**

• STRENGTH **EMMA**

FUNCIONAL ESCAPE

• WHIPPED **JOTA**

• WARRIOR PUMP **PEDRO**

• T.N.T **JOTA**

• BEAST **PEDRO**

• WHIPPED **JOTA**

STAGES FLIGHT

• CYCLE XPRESS **DIEGO**

• BEAT COCO **DIEGO**

4 PM

4:00 PM **FUNCIONAL ESCAPE**

• T.N.T **DIEGO**

STAGES FLIGHT

• CYCLE XPRESS **EMMA**

PRAMA • ENERGY*

• ENERGYM KIDS

• ENERGY **PEDRO**

• ENERGYM KIDS

5 PM

5:30 PM **PRAMA • ENERGY***

• ENERGY **PEDRO**

• STRENGTH **JOTA**

• ENERGY **EMMA**

• STRENGTH **JOTA**

6 PM

6:00 PM **FUNCIONAL ESCAPE**

• T.N.T **JOTA**

• WARRIOR PUMP **DIEGO**

• WHIPPED **JOTA**

• BEAST **DIEGO**

STAGES FLIGHT

• BEAT COCO **DIEGO**

• TAKE FLIGHT **EMMA**

• RHYTHM **DIEGO**

• BEAT COCO **EMMA**

6:15 PM **PRAMA • ENERGY***

• LATIN LOVER **VALERY**

• PILATES MAT **MICHAEL**

• POUND **LALY**

• PILATES MAT **ANA CARLA**

• ENERGY **JOTA**

MOVEMENT ROOM

• STRENGTH **PEDRO**

• ENERGY **JOTA**

• STRENGTH **EMMA**

• ENERGY **JOTA**

• TALLER DE BAILE **VALERY**

6:30 PM **PRAMA • ENERGY***

7 PM

7:00 PM **FUNCIONAL ESCAPE**

• BEAST **PEDRO**

• WARRIOR PUMP **PEDRO**

STAGES FLIGHT

• RHYTHM FLIGHT **JOTA**

• BEAT COCO **JOTA**

7:15 PM **MOVEMENT ROOM**

• YOGA FLOW DAY **ARIELA**

• ZUMBA **CLAUDIO**

• YOGA FLOW DAY **ARIELA**

• STRONG BY ZUMBA **NATHY**

7:30 PM **PRAMA • ENERGY***

• STRENGTH **PEDRO**

• ENERGY **EMMA**

ENERGYM

HORARIO SALAS BOUTIQUE

ABRIL - JULIO 2018



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
6:10 AM		STRENGTH PEDRO	ENERGY JOTA	ENERGY PEDRO		
7:00 AM	STRENGTH JOTA		ENERGY JOTA			
8:30 AM	ENERGY EMMA		STRENGTH EMMA		ENERGY EMMA	
11:00 AM						ENERGY ROTATIVO
12:15 PM		STRENGTH EMMA	ENERGY PEDRO	STRENGTH EMMA		
4:00 PM		EG • KIDS	ENERGY PEDRO	EG • KIDS		
5:30 PM	ENERGY PEDRO	STRENGTH JOTA	ENERGY EMMA	STRENGTH JOTA		
6:15 PM						ENERGY JOTA
6:30 PM	STRENGTH PEDRO	ENERGY JOTA	STRENGTH EMMA	ENERGY JOTA		
7:30 PM	STRENGTH PEDRO		ENERGY EMMA			

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
8:30 AM	RESHAPE LOWER LEO	ZUMBA ALEJANDRO	RESHAPE UPPER CARLOS	ZUMBA CLAUDIO	FULL BODY BOOTCAMP CARLOS LÓPEZ		
9:30 AM	ZUMBA ALEJANDRO	FUSION PILATES CINDY	RESHAPE LOWER REBECA	FUSION PILATES ANA CARLA	ZUMBA ALEJANDRO	YOGA OM ATHLETICS	
10:30 AM	YOGA FLOW DAY SOPHIA		YOGA FLOW DAY SOPHIA			CAROLINA	LATIN DANCE ESYL
10:45 AM						ZUMBA CLAUDIO	
6:15 PM	LATIN LOVER VALERY	PILATES MAT MICHAEL	POUND LALY	PILATES MAT ANA CARLA	TALLER DE BAILE VALERY		
7:15 PM	YOGA FLOW DAY ARIELA	ZUMBA CLAUDIO	YOGA FLOW DAY ARIELA	STRONG BY ZUMBA NATHY			



	MARTES	JUEVES
4:00 PM	ENERGYM KIDS PEDRO	ENERGYM KIDS PEDRO

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:15 AM	CYCLE XPRESS DIEGO		TAKE FLIGHT DIEGO		CYCLE XPRESS DIEGO		
7:15 AM		TAKE FLIGHT DIEGO		RHYTHM FLIGHT DIEGO	BEAT COCO EMMA		
8:30 AM	TAKE FLIGHT JOTA		BEAT COCO JOTA				
9:30 AM		CYCLE XPRESS DIEGO		TAKE FLIGHT PEDRO			
10:00 AM					RHYTHM FLIGHT ROTATIVO	BEAT COCO ROTATIVO	
12:15 PM	CYCLE XPRESS DIEGO		BEAT COCO DIEGO				
4:00 PM				CYCLE XPRESS EMMA			
6:00 PM	BEAT COCO DIEGO	TAKE FLIGHT EMMA	RHYTHM FLIGHT DIEGO	BEAT COCO EMMA			
7:00 PM	RHYTHM FLIGHT JOTA		BEAT COCO JOTA				

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 AM	WARRIOR EMMA	BEAST DIEGO	T.N.T EMMA	WHIPPED DIEGO			
7:00 AM	BEAST EMMA		WHIPPED EMMA				
8:15 AM	WHIPPED DIEGO	T.N.T EMMA	WARRIOR EMMA	BEAST EMMA	T.N.T DIEGO		
9:15 AM	T.N.T PEDRO		BEAST PEDRO		WHIPPED PEDRO		
10:00 AM						T.N.T ROTATIVO	WHIPPED ROTATIVO
12:15 PM	WHIPPED JOTA	WARRIOR PEDRO	T.N.T JOTA	BEAST PEDRO	WHIPPED JOTA		
4:00 PM		T.N.T DIEGO					
6:00 PM	T.N.T JOTA	WARRIOR DIEGO	WHIPPED JOTA	BEAST DIEGO			
7:00 PM		BEAST PEDRO		WARRIOR PEDRO			



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