

# ENERGYM

## HORARIO SALAS GENERALES

AGOSTO - DICIEMBRE 2018

1 PERSONA			CIUDADANO DE ORO/ESTUDIANTES			+2 PERSONAS		
	PRECIO	MATRÍCULA		PRECIO	MATRÍCULA		PRECIO	MATRÍCULA
MENSUALIDAD	\$100	\$90	MENSUALIDAD	\$90	\$80	MENSUALIDAD	\$95	\$50
TRIMESTRE	\$275	\$75	TRIMESTRE	\$250	\$55	TRIMESTRE	\$255	\$35
SEMESTRE	\$535	\$0	SEMESTRE	\$485	\$0	SEMESTRE	\$500	\$0
ANUAL	\$1040	\$0	ANUAL	\$950	\$0	ANUAL	\$970	\$0

HORA	SALAS	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6 AM	6:00 AM	MOVEMENT ROOM • PILATES ANA CARLA				YOGA FLOW DAY ARIELA		
	6:10 AM	FUNCTIONAL ESCAPE PRAMA • ENERGYM	• FUNCTIONAL ATHLETICS EMMA	• BEAST DIEGO	• F.B.E EMMA	• WHIPPED DIEGO		
	6:15 AM	STAGES FLIGHT	• CYCLE XPRESS DIEGO		• TAKE FLIGHT DIEGO		• CYCLE XPRESS DIEGO	
7 AM	7:00 AM	FUNCTIONAL ESCAPE	• BEAST EMMA		• FUNCIONAL EMMA			
	7:15 AM	STAGES FLIGHT		• TAKE FLIGHT DIEGO		• RHYTHM FLIGHT DIEGO	• BEAT COCO EMMA	
8 AM	8:15 AM	FUNCTIONAL ESCAPE	• WHIPPED DIEGO	• F.B.E EMMA		• BEAST EMMA	• F.B.E DIEGO	
	8:30 AM	PRAMA • ENERGYM STAGES FLIGHT MOVEMENT ROOM	• ENERGY JOTA • TAKE FLIGHT EMMA • LEG POWER NATHALIE	• ZUMBA ALEJANDRO	• CORE DIEGO • BEAT COCO PEDRO		• STRENGTH EMMA	• FULL BODY BOOTCAMP PRISCILLA
	9:15 AM	FUNCTIONAL ESCAPE	• F.B.E PEDRO		• BEAST JOTA		• WHIPPED PEDRO	
9 AM	9:30 AM	STAGES FLIGHT MOVEMENT ROOM	• ZUMBA ALEJANDRO	• CYCLE XPRESS DIEGO		• TAKE FLIGHT PEDRO		
	10:00 AM	STAGES FLIGHT FUNCTIONAL ESCAPE		• FUSIÓN PILATES GEOVANNA	• RESHAPE LOWER BODY REBECA	• FUSIÓN PILATES ANA CARLA		• RHYTHM FLIGHT ROTATIVO • BEAT COCO ROTATIVO • FUNCIONAL ATHLETICS ROTATIVO • LATIN DANCE ALEJANDRO
10 AM	10:30 AM	MOVEMENT ROOM	• YOGA FLOW DAY SOPHIA	• YOGA FLOW DAY ARIELA	• YOGA FLOW DAY SOPHIA	• YOGA FLOW DAY ARIELA		
	10:45 AM	MOVEMENT ROOM					• ZUMBA CLAUDIO	
11 AM	11:00 AM	PRAMA • ENERGYM					• ENERGY ROTATIVO	
12 PM	12:15 PM	PRAMA • ENERGYM FUNCTIONAL ESCAPE STAGES FLIGHT	• BEAST JOTA • CYCLE XPRESS DIEGO	• STRENGTH JOTA • FUNCIONAL ATHLETICS EMMA/PEDRO	• CORE PEDRO • F.B.E JOTA • BEAT COCO DIEGO	• ENERGY EMMA • BEAST PEDRO	• WHIPPED JOTA	
	4:00 PM	FUNCTIONAL ESCAPE STAGES FLIGHT		• BEAST DIEGO		• BEAT COCO EMMA		
	5 PM	PRAMA • ENERGYM	• ENERGY JOTA	• ENERGYM KIDS	• CORE PEDRO	• ENERGYM KIDS		
5 PM	5:30 PM	PRAMA • ENERGYM	• ENERGY PEDRO	• STRENGTH JOTA	• CORE EMMA	• STRENGTH JOTA		
	6:00 PM	FUNCTIONAL ESCAPE STAGES FLIGHT	• F.B.E JOTA & EMMA • BEAT COCO DIEGO	• FUNCIONAL ATHLETICS DIEGO & PEDRO • TAKE FLIGHT EMMA	• WHIPPED JOTA • RHYTHM FLIGHT DIEGO	• BEAST DIEGO • BEAT COCO EMMA	F.B.E PEDRO	
6 PM	6:15 PM	PRAMA • ENERGYM MOVEMENT ROOM	• ZUMBA VALERY	• PILATES MAT MICHAEL • ZUMBA NATHY		• PILATES MAT ANA CARLA		
	6:30 PM	PRAMA • ENERGYM	• STRENGTH PEDRO	• CORE JOTA	• STRENGTH EMMA	• ENERGY JOTA		
	7:00 PM	FUNCTIONAL ESCAPE STAGES FLIGHT		• FUNCIONAL ATHLETICS PEDRO		• BEAST PEDRO		
7 PM	7:15 PM	MOVEMENT ROOM	• RHYTHM FLIGHT JOTA • YOGA OM ATHLETICS CAROLINA	• ZUMBA YOAR	• BEAT COCO JOTA • YOGA OM ATHLETICS CAROLINA	• STRONG BY ZUMBA NATHY		
	7:30 PM	PRAMA • ENERGYM	• STRENGTH PEDRO		• CORE EMMA			



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## PRAMA • ENERGYM

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

## MOVEMENT ROOM

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 AM	PILATES ANA CARLA			YOGA FLOW DAY ARIELA			
8:30 AM	LEG POWER NATHALIE	ZUMBA ALEJANDRO	RESHAPE UPPER PRISCILLA	ZUMBA CLAUDIO	FULL BODY PRISCILLA	BOOTCAMP	
9:30 AM	ZUMBA ALEJANDRO	FUSION PILATES GEOVANNA	RESHAPE LOWER REBECA	FUSION PILATES ANA CARLA	ZUMBA NATHALIE	YOGA OM NATHALIE	ATHLETICS
10:30 AM	YOGA FLOW DAY SOPHIA	YOGA FLOW DAY ARIELA	YOGA FLOW DAY SOPHIA	YOGA FLOW DAY ARIELA			LATIN DANCE ALEJANDRO
10:45 AM						ZUMBA CLAUDIO	
6:15 PM	ZUMBA VALERY	PILATES MAT MICHAEL	ZUMBA NATHY	PILATES MAT ANA CARLA			
7:15 PM	YOGA OM ATHLETICS CAROLINA	ZUMBA YOAR	YOGA OM ATHLETICS CAROLINA	STRONG BY ZUMBA NATHY			

## STAGES FLIGHT

	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 PEDRO				
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				BEAT COCO 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				

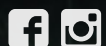
## FUNCIONAL ESCAPE

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
6:00 AM	ATHLETICS EMMA	BEAST DIEGO	F.B.E EMMA	WHIPPED DIEGO			
7:00 AM	BEAST EMMA		ATHLETICS EMMA				
8:15 AM	WHIPPED DIEGO	F.B.E EMMA		BEAST EMMA	F.B.E DIEGO		
9:15 AM	F.B.E PEDRO		BEAST JOTA		WHIPPED PEDRO		
10:00 AM						ATHLETICS ROTATIVO	BEAST ROTATIVO
12:15 PM	BEAST JOTA	ATHLETICS PEDRO & EMMA	F.B.E JOTA	BEAST PEDRO	WHIPPED JOTA		
4:00 PM		BEAST DIEGO					
6:00 PM	F.B.E JOTA & EMMA	ATHLETICS DIEGO & PEDRO	WHIPPED JOTA	BEAST DIEGO	F.B.E PEDRO		
7:00 PM		ATHLETICS PEDRO		BEAST PEDRO			

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