

HORARIO

COLECTIVAS
LesMILLS

CARDIOVASCULAR

TONIFICACIÓN

BAILE

CUERPO/MENTE

ACT. INFANTILES

PISCINA

CLUB

ALTA INTENSIDAD

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:00	7:45 - PUMP HEAVY - S1				7:45 - CROSS TRAINING - S2			7:00
8:00	8:45 - CICLO INDOOR - SC		8:00 - LM CEREMONY - S1		8:45 - CICLO INDOOR - SC			8:00
9:00	9:00 - ACTÍVATE - S1	9:00 - PUMP HEAVY - S1	9:00 - BODY PUMP - S1	9:00 - ACTÍVATE - S1	9:00 - AQUA AEROBIC - P	9:30 - PILATES - S2	9:30 - BODY PUMP - S1	9:00
	9:15 - CROSS TRAINING - S2	9:15 - BARRÉ - S2	9:15 - CROSS TRAINING - S2	9:15 - MOVILIDAD 360 - S2	9:45 - ACTÍVATE - S1		9:30 - HIIT - ZF	
		9:15 - AQUA FITNESS - P		9:00 - CLUB SWIMMING - P				
10:00	10:00 - BODY PUMP - S1	10:00 - LM CEREMONY - S1	10:00 - BODY COMBAT - S1	10:00 - PUMP HEAVY - S1	10:00 - FUNCIONAL - ZF	10:00 - BODY PUMP - S1	10:15 - PILATES - S2	10:00
	10:00 - FUNCIONAL - ZF	10:15 - CICLO INDOOR - SC	10:00 - CICLO INDOOR - SC	10:15 - CORE - ZF	10:15 - BODY BALANCE - S2	10:30 - HIIT - ZF	10:30 - CICLO INDOOR - SC	
	10:15 - ZUMBA - S2	10:15 - HIIT - ZF	10:15 - PILATES - S2		10:45 - LM CEREMONY - S1			
		10:45 - CORE - ZF						
11:00	11:00 - CICLO INDOOR - SC	11:00 - ZUMBA - S1	11:00 - GAP - S1	11:00 - ZUMBA - S1	11:00 - CICLO INDOOR - SC	11:00 - CORE - ZF	11:15 - AQUA AEROBIC - P	11:00
	11:00 - BODY COMBAT - S1	11:30 - YOGA - S2	11:00 - HIIT - ZF	11:00 - CICLO INDOOR - SC	11:15 - PILATES - S2	11:00 - CICLO INDOOR - SC	11:30 - LM CEREMONY - S1	
	11:15 - BARRÉ - S2		11:15 - ZUMBA - S2	11:30 - YOGA - S2		11:30 - AQUA FITNESS - P		
			11:30 - CORE - ZF					
12:00	12:00 - AQUA AEROBIC - P	12:00 - CLUB RUNNING - EXT	12:15 - BODY BALANCE - S2	12:00 - AQUA FITNESS - P	12:00 - BODY PUMP - S1	12:00 - ZUMBA - S2	12:30 - SPORT FAMILY - S1	12:00
	12:15 - PILATES - S2		12:30 - AQUA AEROBIC - P	12:00 - FUNCIONAL - ZF	12:15 - ZUMBA - S2	12:30 - PLAY KIDS - S1	12:30 - CORE - ZF	
				12:30 - BARRÉ - S2	12:30 - HIIT - ZF			
13:00		13:00 - ACTÍVATE - S1	13:15 - CORE - ZF		13:00 - CORE - ZF	13:00 - STRETCHING - S2	13:00 - STRETCHING - ZF	13:00
14:00		14:30 - BODY PUMP - S1	14:30 - CICLO INDOOR - SC	14:30 - LM CEREMONY - S1	14:00 - CROSS TRAINING - S2			14:00
15:00	15:00 - MOVILIDAD 360 - S2							15:00
16:00								16:00
17:00	17:00 - PLAY KIDS - S1	17:00 - SPORT FAMILY - S1	17:00 - PLAY KIDS - S1	17:00 - SPORT FAMILY - S1	17:00 - SPORT FAMILY - S1			17:00
	17:00 - FUNCIONAL - ZF	17:15 - AQUA AEROBIC - P	17:45 - ZUMBA - S2	17:15 - AQUA FITNESS - P	17:45 - PILATES - S2			
	17:45 - BODY BALANCE - S2	17:30 - MOVILIDAD 360 - S2		17:45 - MOVILIDAD 360 - S2				
18:00	18:00 - ACTÍVATE - S1	18:00 - GAP - S1	18:00 - LM CEREMONY - S1	18:00 - BODY PUMP - S1	18:00 - BODY PUMP - S1			18:00
	18:00 - CICLO INDOOR - SC	18:30 - PILATES - S2	18:45 - YOGA - S2	18:45 - BODY BALANCE - S2				
	18:45 - BARRÉ - S2							
19:00	19:00 - LM CEREMONY - S1	19:00 - ZUMBA - S1	19:00 - AQUA AEROBIC - P	19:00 - BODY COMBAT - S1	19:00 - ZUMBA - S1			19:00
	19:00 - CLUB RUNNING - EXT	19:00 - CICLO INDOOR - SC	19:00 - PUMP HEAVY - S1	19:45 - CROSS TRAINING - S2	19:00 - CICLO INDOOR - SC			
	19:45 - ZUMBA - S2	19:30 - CROSS TRAINING - S2	19:45 - PILATES - S2					
20:00	20:00 - PUMP HEAVY - S1	20:00 - BODY COMBAT - S1	20:00 - GAP - S1	20:00 - ZUMBA - S1	20:00 - BARRÉ - S2			20:00
	20:00 - AQUA FITNESS - P	20:30 - CORE - ZF	20:00 - CICLO INDOOR - SC	20:45 - CICLO INDOOR - SC	20:00 - AQUA FITNESS - P			
	20:00 - STRETCHING - ZF		20:15 - CLUB SWIMMING - P					
	20:45 - YOGA - S2		20:30 - HIIT - ZF					
			20:45 - BARRÉ - S2					
21:00	21:00 - CICLO INDOOR - SC	21:00 - BODY PUMP - S1						21:00