HORARIO COLECTIVAS LesMILLS

CARDIOVASCULAR | TONIFICACIÓN | BAILE | CUERPO/MENTE | PISCINA | ALTA INTENSIDAD | CLUB | ACT. INFANTILES Y FAMILIARES

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:00	7:15 - CICLO INDOOR - SC 7:45 - AQUA FITNESS - P	7:15 - CROSS TRAINING - EXT/S1 7:45 - AQUA AERÓBIC - P	7:15 - CICLO INDOOR - SC 7:45 - AQUA AERÓBIC - P	7:15 - CROSS TRAINING - EXT 7:45 - AQUA FITNESS - P	7:30 - CICLO INDOOR - SC			7:00
8:00	8:15 - HIIT - EXT/S1 8.45 - CORE - PP 8:45 - AQUA AERÓBIC - P	8:15 - FUNCIONAL - EXT/S1 8:30 - PILATES - S2 8:45 - AQUA FITNESS - P		8:15 - FUNCIONAL - EXT/S1 8:45 - AQUA PILATES - P 8:45 - YOGA - S2	8:15 - AQUA FITNESS - P			8:00
9:00	9:00 - CLUB SWIMMING - P 9:30 - ACTÍVATE - S1 9:45 - YOGA - S2 9:45 - AQUA PILATES - P	9:15 - BODY PUMP - S1 9:30 - BODY BALANCE - S2 9:30 - CICLO INDOOR - SC	9:00 - CROSS TRAINING - EXT 9:00 - CLUB SWIMMING - P 9:15 - AQUA FITNESS - P 9:45 - ACTÍVATE - S1 9:45 - AQUA PILATES - P	9:15 - CICLO INDOOR - SC 9:30 - PUMP HEAVY - S1 9:45 - MOVILIDAD 360 - S2	9:00 - CLUB SWIMMING - P 9:00 - HIIT - EXT 9:15 - AQUA AERÓBIC - P 9:15 - LM CEREMONY - S1 9:30 - ZUMBA - S1	9:15 - CICLO INDOOR - SC 9:15 - AQUA FITNESS - P	9:15 - CICLO INDOOR - SC	9:00
10:00	10:00 - CICLO INDOOR - SC 10:30 - ZUMBA - S1 10:45 - PILATES - S2	10:15 - LM CEREMONY - S1 10:30 - BODY COMBAT - S2 10:30 - AQUA AERÓBIC - P	10:00 - CICLO INDOOR - SC 10:15 - YOGA - S2 10:45 - BODY PUMP - S1	10:00 - HIIT - EXT 10:30 - CORE - EXT 10:30 - BODY COMBAT - S1 10:45 - PILATES - S2 10:30 - AQUA FITNESS - P	10:15 - GAP - S1 10:30 - BODY BALANCE - S2	10:15 - SPORT FAMILY - S2 10:30 - GAP - S1	10:15 - BODY PUMP - S1	10:00
11:00	11:30 - BODY PUMP - S1 11:45 - MOVILIDAD 360 - S2	11:15 - ZUMBA - S1	11:15 - PILATES - S2 11:45 - ZUMBA - S1	11:30 - ZUMBA - S1	11:15 - BODY PUMP - S1 11:30 - PILATES - S2	11:15 - CICLO INDOOR - SC 11:30 - ZUMBA - S1	11:15 - LM CEREMONY - S1	11:00
12:00					12:00 - AQUA PILATES - P	12:30 - HIIT - EXT	12:15 - PILATES - S2	12:00
13:00								13:00
14:00	14:30 - CROSS TRAINING - EXT/S1	14:30 - GAP - S1	14:30 - LM CEREMONY - S1	14:30 - FUNCIONAL - S1	14:30 - CORE - S2			14:00
15:00	15:30 - FUNCIONAL - EXT/S1		15:30 - BODY PUMP - S1	15:30 - ACTÍVATE - S1	15:00 - STRETCHING - S2			15:00
16:00		16:00 - CORE - S2 16:30 - STRETCHING - S2						16:00
17:00	17:30 - HIIT - S1	17:00 - PLAY KIDS - LUD 17:15- CROSS TRAINING - EXT	17:00 -PLAY KIDS - LUD 17:30 - ZUMBA - S1	17:00 - PILATES - S2 17:30 -PLAY KIDS - LUD	17:00 - PILATES - S2			17:00
18:00	18:00 - BODY COMBAT - S1 18:15 - PLAY KIDS - LUD 18:30 - BODY BALANCE - S2 18:45 - CICLO INDOOR - SC	18:00 - ACTÍVATE - S1	18:15 - CICLO INDOOR - SC 18:30 - GAP - S1 18:45 - MOVILIDAD 360 - S2	18:00 - CROSS TRAINING - EXT 18:30 - BODY BALANCE - S2	18:00 - ZUMBA - S1 18:30 - CROSS TRAINING - EXT	18:30 - CROSS TRAINING - EXT		18:00
19:00	19:00 - BODY PUMP - S1 19:30 - MOVILIDAD 360 - S2 19:30 - AQUA FITNESS - P 19:30 - CLUB SWIMMING - P 19:45 - CICLO INDOOR - SC	19:00 - PUMP HEAVY - S1 19:15 - PILATES - S2 19:45 - AQUA AERÓBIC - P	19:15 - CROSS TRAINING - EXT 19:30 - BODY COMBAT - S1 19:30 - AQUA PILATES - P 19:45 - CLUB SWIMMING - P 19:45 - PILATES - S2	19:15 - CICLO INDOOR - SC 19:30 - BODY PUMP - S1 19:30 - STRETCHING - S2 19:45 - AQUA FITNESS - P	19:00 - AQUA AERÓBIC - P 19:15 - MOVILIDAD 360 - S2 19:30 - BODY PUMP - S1			19:00
20:00	20:15 - CROSS TRAINING - EXT 20:15 - ZUMBA - S1 20:30 - YOGA - S2	20:00 - LM CEREMONY - EXT 20:30 - CLUB RUNNING - EXT 20:15 - MOVILIDAD 360 - S2 20:30 - CICLO INDOOR - SC	20:15 - CICLO INDOOR - SC 20:30 - PUMP HEAVY - S1 20:45 - YOGA - S2	20:15 - FUNCIONAL - EXT 20:30 - ZUMBA - S1 20:45 - CICLO INDOOR - SC	20:00 - CICLO INDOOR - SC			20:00
21:00		21:00 - BODY PUMP - S1 21:15 - ZUMBA - S2						

ESCANÉAME

ÁGORA VERDOLAY MURCIA | Meeting Sport Place

Ayuntamiento de Murcia