

# HORARIO

# COLECTIVAS LES MILLS

▶ CARDIOVASCULAR 
 ▶ TONIFICACIÓN 
 ▶ BAILE 
 ▶ CUERPO/MENTE 
 ▶ ALTA INTENSIDAD 
 ▶ ACT. INFANTILES 
 ▶ PISCINA 
 ▶ RUNNING

|       | LUNES  | MARTES  | MIÉRCOLES  | JUEVES   | VIERNES   | SÁBADO  | DOMINGO   |       |
|-------|--|---|--|--|---|---|---|-------|
| 7:00  |  |   |  |  |   |   |   | 7:00  |
| 8:00  |  |   |  |  |   |   |   | 8:00  |
| 9:00  | 9:15 - ZUMBA - S1  | 9:00 - AQUA AEROBIC - P<br>9:15 - SALUD - S2  | 9:00 - CROSS TRAINING - ZF<br>9:30 - BODY BALANCE - S2                               | 9:00 - BODY ATTACK - S1  | 9:00 - LES MILLS DANCE - S1<br>9:15 - CICLO INDOOR - SC                         |   | 9:30 - BODY PUMP - S1                               | 9:00  |
| 10:00 | 10:15 - CICLO INDOOR - SC<br>10:30 - BODY PUMP - S1  | 10:00 - BODY ATTACK - S1  | 10:00 - CORE - S1<br>10:45 - ZUMBA - S1<br>10:415 - CICLO INDOOR - SC                | 10:00 - GAP - S1<br>10:15 - CICLO INDOOR - SC                                  | 10:15 - PILATES - S2<br>10:30 - BODY PUMP - S1                                  | 10:00 - BODY PUMP - S1<br>10:30 - AQUA FITNESS - P        | 10:30 - SALUD - S2<br>10:45 - CICLO INDOOR - SC     | 10:00 |
| 11:00 | 11:15 - PILATES - S2<br>11:30 - BODY COMBAT - S1   | 11:00 - ZUMBA - S1<br>11:15 - CICLO INDOOR - SC                                       | 11:45 - BODY PUMP - S1   | 11:00 - AQUA AEROBIC - P<br>11:00 - SALUD - S2<br>11:15 - LES MILLS DANCE - S1 | 11:30 - BODY BALANCE - S2<br>11:30 - AQUA FITNESS - P                           | 11:00 - CICLO INDOOR - SC<br>11:30 - LES MILLS DANCE - S2 | 11:30 - AQUA AEROBIC - P<br>11:45 - STRETCHING - S2 | 11:00 |
| 12:00 | 12:15 - CICLO INDOOR - SC<br>12:30 - AQUA FITNESS - P<br>12:30 - YOGA - S2                               | 12:00 - CLUB SWIMMING - P<br>12:15 - PILATES - S2                                     | 12:00 - AQUA FITNESS - P<br>12:45 - YOGA - S2  | 12:00 - FUNCIONAL - ZF<br>12:00 - CLUB SWIMMING - P<br>12:15 - PILATES - S2    | 12:30 - GAP - S1  | 12:00 - CARDIO KIDS - S1<br>12:30 - PILATES - S2          | 12:30 - SPORT FAMILY - S1                           | 12:00 |
| 13:00 | 13:30 - STRETCHING - S1  | 13:30 - GAP - S1  |  |  |   |   |   | 13:00 |
| 14:00 |  |   |  |  |   |   |   | 14:00 |
| 15:00 |  |   |  |  | 15:15 - CROSS TRAINING - ZF   |   |   | 15:00 |
| 16:00 | 16:30 - HIIT - ZF<br>16:45 - CORE - S1   |   | 16:15 - AQUA AEROBIC - P   | 16:45 - CORE - S1  | 16:15 - ACTÍVATE - S1   |   |   | 16:00 |
| 17:00 | 17:15 - STRETCHING - S2<br>17:30 - CARDIO KIDS - S1  | 17:00 - DANCE FAMILY - S1<br>17:00 - CICLO INDOOR - SC                                | 17:00 - HIIT - ZF<br>17:30 - PILATES FAMILY - S2<br>17:45 - ZUMBA - S1               | 17:30 - SPORT FAMILY - S1<br>17:30 - PILATES - S2                              | 17:15 - FUNCIONAL - ZF<br>17:30 - TONO KIDS - S1                                |   |   | 17:00 |
| 18:00 | 18:15 - CICLO INDOOR - SC<br>18:45 - BODY PUMP - S1  | 18:00 - HIIT - ZF<br>18:00 - PILATES - S2<br>18:15 - TOTAL TRAINING - S1              | 18:45 - CICLO INDOOR - SC  | 18:30 - BODY COMBAT - S1<br>18:30 - CROSS TRAINING - ZF                        | 18:15 - LES MILLS DANCE - S2<br>18:30 - CORE - S1                               |   |   | 18:00 |
| 19:00 | 19:15 - PILATES - S2<br>19:15 - AQUA AEROBIC - P<br>19:45 - ACTÍVATE - S1<br>19:45 - CROSS TRAINING - ZF | 19:00 - YOGA - S2<br>19:00 - CROSS TRAINING - ZF<br>19:30 - AQUA FITNESS - P          | 19:00 - BODY BALANCE - S2<br>19:30 - AQUA AEROBIC - P<br>19:45 - CROSS TRAINING - ZF | 19:30 - CICLO INDOOR - SC<br>19:30 - GAP - S1<br>19:45 - YOGA - S2             | 19:15 - BODY PUMP - S1<br>19:15 - AQUA FITNESS - P<br>19:30 - CICLO INDOOR - SC |   |   | 19:00 |
| 20:00 | 20:15 - LES MILLS DANCE - S2   | 20:00 - CLUB RUNNING - EXT<br>20:00 - BODY COMBAT - S1<br>20:30 - CICLO INDOOR - S. C | 20:00 - BODY PUMP - S1<br>20:00 - CLUB SWIMMING - P                                  | 20:30 - AQUA AEROBIC - P<br>20:30 - CLUB RUNNING - EXT<br>20:45 - ZUMBA - S2   | 20:15 - PILATES - S2<br>20:30 - BODY ATTACK - S1                                |   |   | 20:00 |
| 21:00 |  | 21:00 - LES MILLS DANCE - S1  | 21:00 - PILATES - S2<br>21:15 - GAP - S1   |  | 21:30 - CROSS TRAINING - ZF   |   |   | 21:00 |