



COLECTIVAS

LES MILLS

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

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:00		7:30 - BODY PUMP - S1						7:00
8:00	8:00 - YOGA - S2	8:30 - HIIT - ZF	8:00 - CICLO INDOOR - SC	8:45 - BODY COMBAT - S1				8:00
9:00	9:00 - CICLO INDOOR - SC	9:00 - PILATES - S2	9:00 - SALUD - S2	9:45 - HIIT - ZF	9:00 - GAP - S1	9:15 - CORE - S1	9:15 - CICLO INDOOR - SC	9:00
	9:00 - ZUMBA - S1	9:15 - BODY COMBAT - S1	9:30 - CORE - S1		9:30 - CICLO INDOOR - SC	9:30 - LES MILLS DANCE - S2		
	9:45 - FUNCIONAL - ZF							
10:00	10:00 - BODY PUMP - S1	10:00 - LES MILLS DANCE - S2	10:00 - ZUMBA - S2	10:00 - TOTAL TRAINING - S1	10:00 - CORE - S1	10:00 - ACTÍVATE - S1	10:00 - BODY PUMP - S1	10:00
	10:45 - PILATES - S2	10:15 - BODY PUMP - S1	10:15 - BODY ATTACK - S1	10:30 - BODY BALANCE - S2	10:30 - PILATES - S2	10:15 - CICLO INDOOR - SC	10:00 - STRETCHING - S2	
		10:45 - AQUA AEROBIC - P			10:45 - ZUMBA - S1	10:30 - SALUD - S2	10:15 - AQUA AERÓBIC - P	
							10:45 - ZUMBA - S2	
11:00	11:00 - ACTÍVATE - S1	11:00 - BODY BALANCE - S2	11:00 - F UNCIONAL - ZF	11:00 - ACTÍVATE - S1	11:30 - BODY ATTACK - S2	11:00 - BODY PUMP - S1	11:00 - BODY ATTACK - S1	11:00
	11:00 - AQUA FITNESS - P	11:15 - GAP - S1	11:15 - YOGA - S2	11:00 - CICLO INDOOR - SC	11:45 - BODY PUMP - S1		11:15 - FUNCIONAL - ZF	
	11:45 - CROSS TRAINING - ZF	11:45 - CICLO INDOOR - SC	11:00 - AQUA FITNESS - P	11:30 - LES MILLS DANCE - S2	11:45 - AQUA FITNESS - P	11:15 - AQUA AEROBIC - P		
						11:30 - PILATES FAMILY - S2		
12:00				12:00 - CROSS TRAINING - ZF		12:00 - CROSS TRAINING - ZF	12:00 - PILATES - S2	12:00
				12:00 - AQUA AEROBIC - P		12:15 - GAP - S1	12:00 - SPORT FAMILY - S1	
				12:30 - STRETCHING - S2			12:15 - AQUA FITNESS - P	
13:00							13:00 - CORE - S1	13:00
14:00	14:30 - CORE - S1	14:15 - CICLO INDOOR - SC	14:15 - ZUMBA - S1	14:15 - F UNCIONAL - ZF	14:30 - YOGA - S2			14:00
16:00					16:45 - CORE - S2			16:00
17:00	17:00 - ACTÍVATE - S1	17:00 - CORE - S2	17:15 - TOTAL TRAINING - S1	17:30 - GAP - S1	17:00 - TOTAL TRAINING - S1	17:30 - TOTAL TRAINING - S1		17:00
	17:00 - CARDIO KIDS(4-7) - LU	17:15 - ZUMBA - S1	17:30 - PILATES - S2	17:30 - CICLO INDOOR - SC	17:15 - TONO KIDS(8-11) - LUE			
	17:30 - LES MILLS DANCE - S2	17:15 - AQUA FITNESS - P		17:30 - TONO KIDS(8-11) - LUE	17:30 - HIIT - ZF			
		17:15 - TONO KIDS(8-11) - LU		17:45 - YOGA - S2				
	17:30 - AQUA AEROBIC - P	17:45 - BODY COMBAT - S2						
18:00	18:00 - CARDIO KIDS(8-11) - LUE	18:00 - TONO KIDS(4-7) - LU	18:00 - CARDIO KIDS(4-7) - LU	18:00 - TONO KIDS(7-4) - LU	18:00 - ZUMBA - S1	18:30 - FUNCIONAL - ZF		18:00
	18:00 - BODY PUMP - S1	18:15 - CICLO INDOOR - SC	18:15 - CARDIO KIDS(8-11) - LUE	18:30 - ZUMBA - S1	18:15 - BODY BALANCE - S2			
	18:00 - HIIT - ZF	18:15 - GAP - S1	18:15 - ACTÍVATE - S1	18:30 - PÁDEL - EXT	18:15 - CICLO INDOOR - SC			
	18:30 - PILATES - S2	18:30 - PÁDEL - EXT	18:30 - LES MILLS DANCE - S2	18:30 - AQUA FITNESS - P				
	18:30 - CICLO INDOOR - SC	18:30 - FUNCIONAL - ZF	18:30 - HIIT - ZF	18:45 - CORE - S2				
	18:45 - CLUB RUNNING- EXT	18:45 - STRETCHING - S2						
19:00	19:00 - GAP - S1	19:15 - BODY PUMP - S1	19:00 - TONO KIDS(4-7) - LU	19:00 - CARDIO KIDS(4-7) - LU	19:00 - BODY PUMP - S1			19:00
	19:00 - CORE - ZF	19:15 - CROSS TRAINING - ZF	19:15 - TONO KIDS(8-11) - LUE	19:30 - CICLO INDOOR - SC	19:15 - AQUA AEROBIC - P			
	19:15 - AQUA FITNESS - P	19:15 - CICLO INDOOR - SC	19:15 - CICLO INDOOR - SC	19:30 - BODY PUMP - S1	19:15 - DANCE FAMILY - S2			
	19:00 - TONO KIDS(4-7) - LU	19:30 - CARDIO KIDS(8-11) - LU	19:15 - GAP - S1	19:30 - CROSS TRAINING - ZF				
	19:30 - BODY COMBAT - S2	19:30 - YOGA - S2	19:30 - BODY BALANCE - S2	19:45 - CARDIO KIDS(8-11) - LUE				
	19:45 - CICLO INDOOR - SC	19:30 - CARDIO KIDS(4-7) - LU	19:30 - AQUA AEROBIC - P	19:45 - SALUD - S2				
	19:45 - TONO KIDS(8-11) - LUE							
20:00	20:00 - ZUMBA - S1	20:15 - BODY ATTACK - S1	20:15 - CLUB RUNNING - EXT	20:30 - BODY ATTACK - S2	20:00 - BODY COMBAT - S1			20:00
	20:00 - AQUA PILATES - P	20:15 - AQUA FITNESS - P	20:15 - BODY COMBAT - S1	20:30 - CICLO INDOOR - SC	20:15 - FUNCIONAL - ZF			
	20:30 - BODY BALANCE - S2	20:30 - CICLO INDOOR - SC	20:30 - CICLO INDOOR - SC	20:45 - PILATES - S2				
	20:45 - CICLO INDOOR - SC	20:30 - SALUD - S2						
21:00	21:00 - CORE - S1	21:15 - TOTAL TRAINING - S1	21:15 - BODY PUMP - S1					21:00