

# HORARIO

# COLECTIVAS LES MILLS



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