

HORARIO

COLECTIVAS LES MILLS



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