



COLECTIVAS

LES MILLS

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

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:00	7:15 - CROSS TRAINING - PP	7:15 - CLUB SWIMMING - P 7:15 - GAP - S1	7:15 - YOGA - S2	7:15 - BODY PUMP - S1	7:15 - CICLO INDOOR - SC			7:00
8:00	8:15 - BODY BALANCE - S2	8:15 - CICLO INDOOR - SC	8:15 - CROSS TRAINING - PP		8:15 - CROSS TRAINING - PP 8:15 - YOGA - S2 9:15 - BODY PUMP- S1			8:00
9:00	9:00 - BODY PUMP - S1 9:15 - PILATES - S2	9:00 - BODY BALANCE - S2 9:15 - LES MILLS DANCE - S1	9:15 - ZUMBA - S1 9:45 - PILATES - S2	9:15 - CLUB RUNNING - PP/EXT 9:15 - YOGA - S2 9:45 - GAP - S1	9:30 - BODY BALANCE - S2 9:45 - CICLO INDOOR - SC			9:00
10:00	10:00 - ZUMBA - S1 10:15 - YOGA - S2	10:00 - PILATES - S2 10:00 - CICLO INDOOR - SC 10:15 - BODY PUMP - S1 10:15 - AQUA FITNESS - P	10:00 - PICKLEBALL - PP 10:15 - BODY ATTACK - S1 10:15 - AQUA FITNESS- P 10:45 - CICLO INDOOR - SC 10:45 - BODY BALANCE- S2	10:15 - PILATES - S2 10:15 - AQUA FITNESS - P 10:45 - BODY PUMP - S1	10:15 - ZUMBA - S1 10:15 - AQUA FITNESS - P 10:30 - PILATES - S2	10:15 - PILATES - S2 10:15 - CROSS TRAINING - PP 10:30 - BODY PUMP - S1	10:00 - GAP - S1 10:15 - BODY BALANCE - S2	10:00
11:00	11:15 - BODY BALANCE - S2 11:15 - CICLO INDOOR - SC	11:00 - SALUD - S2 11:15 - BODY COMBAT - S1	11:15 - BODY PUMP - S1 11:45 - YOGA - S2	11:00 - CICLO INDOOR - SC 11:15 - ZUMBA - S2	11:15 - TOTAL TRAINING - S1 11:30 - SALUD - S2	11:15 - ZUMBA - S2 11:45 - CICLO INDOOR - SC 11:45 - SPORT FAMILY - PP	11:00 - CICLO INDOOR - SC 11:00 - CROSS TRAINING - PP 11:15 - YOGA - S2	11:00
12:00	12:15 - TOTAL TRAINING - S1 12:30 - AQUA FITNESS - P	12:00 - YOGA - S2 12:15 - AQUA FITNESS - P	12:15 - CORE - S1	12:15 - AQUA FITNESS - P		12:00 - AQUA FITNESS - P 12:15 - YOGA - S2 12:30 - BODY COMBAT - S1 13:00 - AQUA FITNESS - P	12:00 - AQUA FITNESS - P 12:00 - BODY PUMP - S1 12:15 - PILATES - S2 13:00 - AQUA FITNESS - P 13:00 - CLUB SWIMMING - P	12:00
13:00								13:00
14:00	14:15 - CICLO INDOOR - SC 14:30 - YOGA - S2	14:15 - BODY PUMP - S1 14:15 - PICKLEBALL - PP	14:15 - BODY BALANCE- S2 14:30 - CICLO INDOOR - SC	14:15 - CROSS TRAINING - PP	14:30 - PILATES - S2			14:00
15:00					15:30 - CLUB SWIMMING - P			15:00
16:00	16:30 - LES MILLS DANCE - S2				16:00 - CROSS TRAINING - PP			16:00
17:00	17:00 - GAP - S1 17:30 - SALUD - S2 17:30 - DANZA URBANA - PP	17:15 - BODY COMBAT - S1 17:15 - CARDIO KIDS - PP 17:30 - YOGA - S2	17:15 - ACTÍVATE - S1 17:15 - CARDIO KIDS - S1 17:30 - CICLO INDOOR - SC 17:45 - LES MILLS DANCE - S2	17:00 - PILATES- S2 17:15 - BODY PUMP - S1 17:15 - CARDIO KIDS - S1	17:15 - CORE - S1 17:15 - ZUMBA - S2 17:30 - ARTES MARCIALES - PP	17:30 - CICLO INDOOR - SC	17:30 - BODY PUMP - S1	17:00
18:00	18:00 - BODY COMBAT - S1 18:15 - TONO KIDS - PP 18:30 - BODY BALANCE - S2 18:45 - CICLO INDOOR - SC	18:15 - CORE - S1 18:15 - TONO KIDS - PP 18:30 - CICLO INDOOR - SC 18:30 - AQUA FITNESS - P 18:30 - PILATES - S2	18:15 - BADMINTON - PP 18:15 - TOTAL TRAINING- S1 18:15 - AQUA FITNESS - P 18:45 - YOGA - S2	18:00 - BODY BALANCE - S2 18:00 - BALLET - PP 18:15 - GAP - S1 18:15 - CICLO INDOOR - SC	18:00 - GAP - S1 18:15 - SALUD - S2 18:15 - AQUA FITNESS - P	18:30 - BODY PUMP - S1	18:30 - CICLO INDOOR - SC	18:00
19:00	19:00 - ZUMBA - S1 19:00 - CROSS TRAINING - PP 19:15 - AQUA FITNESS - P 19:30 - YOGA - S2 19:45 - CICLO INDOOR - SC	19:00 - BODY PUMP - S1 19:15 - HIIT - PP 19:30 - CICLO INDOOR - SC 19:30 - CLUB RUNNING - PP/EXT 19:30 - STRETCHING - S2	19:00 - CICLO INDOOR - SC 19:00 - CROSS TRAINING - PP 19:15 - BODY COMBAT - S1 19:45 - PILATES - S2	19:00 - YOGA - S2 19:00 - CORE - PP 19:15 - BODY ATTACK - S1 19:15 - AQUA FITNESS - P 19:45 - CROSS TRAINING - PP 19:45 - CICLO INDOOR - SC	19:00 - BODY PUMP - S1 19:15 - BASKET 3X3 - PP 19:15 - CICLO INDOOR - SC 19:15 - PILATES - S2			19:00
20:00	20:00 - CORE - PP 20:00 - BODY PUMP - S1 20:30 - PILATES - S2 20:15 - CICLO INDOOR - SC 20:45 - FUNCIONAL - PP	20:00 - ZUMBA- S1 20:00 - CORE - PP 20:15 - BODY BALANCE- S2 20:30 - CICLO INDOOR - SC 20:45 - CROSS TRAINING - PP	20:00 - CORE - PP 20:15 - ZUMBA - S1 20:45 - BODY BALANCE - S2 20:45 - CICLO INDOOR - SC 20:45 - FUNCIONAL - PP 20:45 - CLUB SWIMMING - P	20:00 - ZUMBA - S2 20:15 - BODY PUMP - S1 20:45 - PICKLEBALL - PP	20:00 - BODY COMBAT - S1			20:00
21:00	21:15 - BODY ATTACK - S1 21:15 - CLUB SWIMMING - P	21:00 - GAP - PP 21:15 - SALUD - S2	21:15- BODY PUMP - S1	21:00 - PILATES - S2 21:15 - BODY COMBAT - S1				21:00