HORARI COL·LECTIVES LesMILLS

CARDIOVASCULAR · TONIFICACIÓ · BALL · COS/MENT · ACT. INFANTILS · PISCINA · CLUB · ALTA INTENSITAT

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	
7:00	ACTÍVATE 07:15 - 08:15 - S1	BODY PUMP 07:00 - 08:00 - S1	CICLO INDOOR 07:00 - 08:00 - SC	CROSS TRAINING 07:00 - 08:00 - S3	CICLO INDOOR 07:00 - 08:00 - SC			7:00
8:00	CICLO INDOOR 08:15 - 09:15 - SC	AQUA AEROBIC 08:00 - 08:45 - P CICLO INDOOR 08:30 - 09:30 - SC	GAP 08:15 - 09:15 - S1	AQUA FITNESS 08:00 - 08:45 - P CICLO INDOOR 08:00 - 09:00 - SC		CICLO INDOOR 08:15 - 09:15 - SC		8:00
9:00	AQUA AEROBIC 09:15 - 10:00 - P YOGA 09:15 - 10:15 - S2 PUMP HEAVY 09:30 - 10:30 - S1	ACTÍVATE 09:00 - 10:00 - S1 AQUA AEROBIC 09:15 - 10:00 - P	HYROX 09:00 - 10:00 - S3 AQUA FITNESS 09:15 - 10:00 - P ZUMBA 09:15 - 10:15 - S2	GAP 09:00 - 10:00 - S1 AQUA FITNESS 09:00 - 09:45 - P	BODY PUMP 09:00 - 10:00 - S1 AQUA AEROBIC 09:15 - 10:00 - P BODY BALANCE 09:15 - 10:15 - S2	HYROX 09:30 - 10:30 - S3	FUNCIONAL 09:45 - 10:45 - S3	9:00
10:00	ZUMBA 10:15 - 11:15 - S2 CICLO INDOOR 10:30 - 11:30 - SC	ZUMBA 10:00 - 11:00 - S2 GAP 10:00 - 11:00 - S1 AQUA AEROBIC 10:15 - 11:00 - P CICLO INDOOR 10:45 - 11:45 - SC	CICLO INDOOR 10:00 - 11:00 - SC MOVILIDAD 360 10:15 - 11:15 - S2 BODY PUMP 10:45 - 11:45 - S1	ZUMBA 10:00 - 11:00 - S2 AQUA FITNESS 10:00 - 10:45 - P CICLO INDOOR 10:15 - 11:15 - SC	ZUMBA 10:15 - 11:15 - S2 CROSS TRAINING 10:30 - 11:30 - S3 BODY COMBAT 10:45 - 11:45 - S1	BODY PUMP 10:30 - 11:30 - S1	CICLO INDOOR 10:00 - 11:00 - SC	10:00
11:00	AQUA AEROBIC 11:00 - 11:45 - P HYROX 11:15 - 12:15 - S3 MOVILIDAD 360 11:30 - 12:30 - S2	MOVILIDAD 360 11:00 - 12:00 - S2 AQUA AEROBIC 11:15 - 12:00 - P CROSS TRAINING 11:15 - 12:15 - S3	AQUA FITNESS 11:00 - 11:45 - P FUNCIONAL 11:15 - 12:15 - S3 BODY BALANCE 11:15 - 12:15 - S2	AQUA FITNESS 11:00 - 11:45 - P MOVILIDAD 360 11:00 - 12:00 - S2 BODY PUMP 11:15 - 12:15 - S1 FUNCIONAL 11:30 - 12:30 - S3	CICLO INDOOR 11:00 - 12:00 - SC PILATES 11:15 - 12:15 - S2	SPORT FAMILY 11:30 - 12:30 - INF CICLO INDOOR 11:30 - 12:30 - SC GAP 11:45 - 12:45 - S1	CORE 11:00 - 11:30 - S1 ACTÍVATE 11:30 - 12:30 - S1	11:00
12:00	AQUA AEROBIC 12:00 - 12:45 - P PILATES 12:30 - 13:30 - S2	PILATES 12:00 - 13:00 - S2 ACTÍVATE 12:15 - 13:15 - S1	BODY COMBAT 12:15 - 13:15 - S1	YOGA 12:00 - 13:00 - S2	AQUA AEROBIC 12:00 - 12:45 - P HYROX 12:30 - 13:30 - S3	MOVILIDAD 360 12:45 - 13:45 - S2	CROSS TRAINING 12:00 - 13:00 - S3 STRETCHING 12:30 - 13:00 - S2	12:00
13:00		BODY PUMP 13:30 - 14:30 - S1		BODY BALANCE 13:15 - 14:15 - S2		FUNCIONAL 13:15 - 14:15 - S1	GAP 13:00 - 14:00 - S1	13:00
14:00	CROSS TRAINING 14:00 - 15:00 - S3		ACTÍVATE 14:00 - 15:00 - S1	ZUMBA 14:15 - 15:15 - S2	GAP 14:00 - 15:00 - S1			14:00
15:00								15:00
16:00	BARRÉ 16:45 - 17:45 - S2	BODY BALANCE 16:15 - 17:15 - S2	PUMP HEAVY 16:45 - 17:45 - S1	CORE 16:30 - 17:00 - S1 ZUMBA 16:30 - 17:30 - S2	BODY PUMP 16:00 - 17:00 - S1 PILATES 16:45 - 17:45 - S2	CORE 16:30 - 17:00 - S2		16:00
17:00	LM CEREMONY 17:00 - 18:00 - S3 PLAY KIDS 17:30 - 18:30 - INF 4-7 años ZUMBA 17:45 - 18:45 - S2	CICLO INDOOR 17:00 - 18:00 - SC PUMP HEAVY 17:15 - 18:15 - S1 PLAY KIDS 17:30 - 18:30 - INF 4-7 años	ZUMBA 17:00 - 18:00 - S2 PLAY KIDS 17:30 - 18:30 - INF 4-7 años CICLO INDOOR 17:45 - 18:45 - SC	BARRÉ 17:30 - 18:30 - S2 PLAY KIDS 17:30 - 18:30 - INF 4-7 años CROSS TRAINING 17:45 - 18:45 - S3	BODY COMBAT 17:00 - 18:00 - S1 CICLO INDOOR 17:45 - 18:45 - SC	CICLO INDOOR 17:45 - 18:45 - SC		17:00
18:00	GAP 18:00 - 19:00 - S1 CICLO INDOOR 18:00 - 19:00 - SC PLAY KIDS 18:30 - 19:30 - INF 8-11 años	BARRÉ 18:00 - 19:00 - S2 PLAY KIDS 18:30 - 19:30 - INF 8-11 años	BODY BALANCE 18:00 - 19:00 - S2 GAP 18:15 - 19:15 - S1 PLAY KIDS 18:30 - 19:30 - INF 8-11 años	BODY COMBAT 18:30 - 19:30 - S2 PLAY KIDS 18:30 - 19:30 - INF 8-11 años	SPORT FAMILY 18:00 - 19:00 - INF ZUMBA 18:00 - 19:00 - S2	ACTÍVATE 18:45 - 19:45 - S1		18:00
19:00	BODY PUMP 19:00 - 20:00 - S1 BODY BALANCE 19:00 - 20:00 - S2 AQUA AEROBIC 19:15 - 20:00 - P CICLO INDOOR 19:15 - 20:15 - SC CLUB RUNNING 19:15 - 20:15 - EXT	ZUMBA 19:00 - 20:00 - S2 AQUA AEROBIC 19:15 - 20:00 - P LM CEREMONY 19:30 - 20:30 - S3 CICLO INDOOR 19:30 - 20:30 - SC BODY PUMP 19:45 - 20:45 - S1	PILATES 19:00 - 20:00 - S2 CLUB RUNNING 19:15 - 20:15 - EXT AQUA FITNESS 19:15 - 20:00 - P BODY PUMP 19:15 - 20:15 - S1 FUNCIONAL 19:30 - 20:30 - S3 CICLO INDOOR 19:45 - 20:45 - SC	LM CEREMONY 19:00 - 20:00 - S1 CICLO INDOOR 19:15 - 20:15 - SC AQUA FITNESS 19:15 - 20:00 - P HYROX 19:30 - 20:30 - S3	STRETCHING 19:00 - 19:30 - S2 AQUA AEROBIC 19:15 - 20:00 - P FUNCIONAL 19:30 - 20:30 - S3			19:00
20:00	ACTÍVATE 20:15 - 21:15 - S1	PILATES 20:00 - 21:00 - S2 AQUA AEROBIC 20:00 - 20:45 - P HIIT 20:30 - 21:00 - S3	CORE 20:30 - 21:00 - S1	STRETCHING 20:45 - 21:15 - S2	CICLO INDOOR 20:15 - 21:15 - SC			20:00
21:00	STRETCHING 21:15 - 21:45 - S2	GAP 21:15 - 22:15 - S1	ACTÍVATE 21:15 - 22:15 - S1	FUNCIONAL 21:15 - 22:15 - S3	HIIT 21:15 - 21:45 - S3			21:00

ÁGORA Meeting Sport Place

Barcelona