

HORARIO

COLECTIVAS LES MILLS

▶ CARDIOVASCULAR
 ▶ TONIFICACIÓN
 ▶ BAILE
 ▶ CUERPO/MENTE
 ▶ ALTA INTENSIDAD
 ▶ CLUB
 ▶ ACT. INFANTILES Y FAMILIARES

| | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES | SÁBADO | DOMINGO | |
|-------|--|---|---|---|---|--|--|-------|
| 7:00 | 7:15 - CROSS TRAINING - PA | | 7:30 - GAP - S1 7:45 - PILATES - S2 | | | | | 7:00 |
| 8:00 | 8:15 - ACTÍVATE - S1 8:30 - YOGA - S2 | 8:15 - STRETCHING - S2 8:30 - BODY PUMP - S1 8:30 - CICLO INDOOR - SC | 8:30 - ZUMBA - S1 8:45 - YOGA - S2 | 8:30 - BODY PUMP - S1 8:30 - CICLO INDOOR - SC 9:00 - BODY BALANCE - S2 | 8:15 - BODY COMBAT - S1 | | | 8:00 |
| 9:00 | 9:00 - CORE - PA 9:15 - ZUMBA - S1 9:30 - PILATES - S2 9:45 - CICLO INDOOR - SC | 9:00 - BODY BALANCE - S2 9:30 - ACTÍVATE - S1 | 9:30 - BODY ATTACK - S1 9:30 - CICLO INDOOR - SC 9:45 - PILATES - S2 | 9:30 - BODY ATTACK - S1 | 9:00 - CORE - PA 9:15 - ZUMBA - S1 9:30 - PILATES - S2 | 9:00 - CICLO INDOOR - SC 9:15 - TOTAL TRAINING - S1 | 9:30 - CICLO INDOOR - SC | 9:00 |
| 10:00 | 10:15 - BODY COMBAT - S1 10:30 - SALUD - S2 10:30 - HIIT - PA | 10:00 - PILATES - S2 10:30 - LES MILLS DANCE - S1 10:30 - CICLO INDOOR - SC | 10:30 - BODY COMBAT - S1 10:30 - FUNCIONAL - PA 10:45 - SALUD - S2 | 10:00 - PILATES - S2 10:30 - ZUMBA - S1 10:30 - CICLO INDOOR - SC | 10:15 - BODY ATTACK - S1 10:30 - BODY BALANCE - S2 | 10:15 - ZUMBA - S1 10:15 - STRETCHING - S2 | 10:30 - BODY PUMP - S1 | 10:00 |
| 11:00 | 11:15 - GAP - S1 11:30 - BODY BALANCE - S2 11:45 - CICLO INDOOR - SC | 11:00 - SALUD - S2 11:30 - CORE - S1 | 11:30 - BODY PUMP - S1 11:30 - CICLO INDOOR - SC 11:45 - BODY BALANCE - S2 | 11:00 - SALUD - S2 11:30 - CORE - ZF 11:45 - GAP - S1 | 11:15 - TOTAL TRAINING - S1 11:30 - CICLO INDOOR - SC 11:45 - SALUD - S2 | 11:00 - SALUD - S2 11:15 - GAP - S1 | 11:15 - PILATES - S2 11:30 - HIIT - ZF | 11:00 |
| 12:00 | 12:00 - PÁDEL FREE - PP 12:30 - STRETCHING - S2 | 12:00 - PÁDEL FREE - PP 12:00 - YOGA - S2 12:15 - TOTAL TRAINING - S1 12:30 - CROSS TRAINING - PA3 | 12:00 - PÁDEL FREE - PP 12:45 - STRETCHING - S2 | 12:00 - YOGA - S2 12:00 - PÁDEL FREE - PP 12:15 - FUNCIONAL - PA | 12:30 - BODY PUMP - S1 | 12:00 - HIIT - ZF 12:15 - DANCE FAMILY - S1 | 12:00 - STRETCHING - S2 12:15 - BODY COMBAT - S1 13:15 - DANCE FAMILY - S1 | 12:00 |
| 13:00 | | 13:30 - CORE - PA3 | | 13:00 - STRETCHING - S2 | | | | 13:00 |
| 14:00 | 14:15 - PILATES - S2 | | | | | | | 14:00 |
| 15:00 | | 15:00 - ACTÍVATE - S1 15:30 - PILATES - S2 | 15:30 - GAP - S1 | | 15:00 - CROSS TRAINING - PA | | | 15:00 |
| 16:00 | 16:00 - BODY ATTACK - S1 16:45 - PILATES - S2 | 16:15 - GAP - S1 16:30 - BODY BALANCE - S2 | 16:45 - CICLO INDOOR - SC | 16:15 - TOTAL TRAINING - S1 16:30 - BODY BALANCE - S2 | | | | 16:00 |
| 17:00 | 17:00 - TONO KIDS - PAI 17:00 - BODY PUMP - S1 17:45 - SALUD - S2 | 17:00 - TONO KIDS - PAI 17:15 - BODY PUMP - S1 17:30 - SALUD - S2 17:45 - CARDIO KIDS - PAI 17:45 - CICLO INDOOR - SC | 17:00 - TONO KIDS - PAI 17:00 - SALUD - S2 17:15 - LES MILLS DANCE - S1 17:45 - CARDIO KIDS - PAI | 17:00 - TONO KIDS - PAI 17:15 - BODY PUMP - S1 17:45 - PILATES - S2 17:45 - CARDIO KIDS - PAI | 17:00 - TONO KIDS - PAI 17:00 - YOGA - S2 17:15 - CICLO INDOOR - SC 17:45 - CARDIO KIDS - PAI | | | 17:00 |
| 18:00 | 18:00 - LES MILLS DANCE - S1 18:00 - CORE - PA 18:30 - CICLO INDOOR - SC 18:30 - TONO KIDS - PAI 18:45 - BODY BALANCE - S2 | 18:00 - CROSS TRAINING - ZF 18:30 - BODY ATTACK - S1 18:45 - YOGA - S2 18:30 - TONO KIDS - PAI | 18:00 - BODY BALANCE - S2 18:15 - TOTAL TRAINING - S1 18:30 - CICLO INDOOR - SC 18:30 - TONO KIDS - PAI 18:45 - CROSS TRAINING - ZF | 18:00 - CICLO INDOOR - SC 18:00 - CORE - ZF 18:15 - ACTÍVATE - S1 18:30 - TONO KIDS - PAI 18:30 - SALUD - S2 | 18:00 - TOTAL TRAINING - S1 18:00 - CORE - ZF 18:30 - PILATES - S2 18:30 - TONO KIDS - PAI | | | 18:00 |
| 19:00 | 19:00 - BODY COMBAT - S1 19:00 - CROSS TRAINING - PA 19:15 - CARDIO KIDS - PAI 19:30 - CICLO INDOOR - SC 19:45 - YOGA - S2 | 19:00 - CICLO INDOOR - SC 19:00 - FUNCIONAL - ZF 19:15 - CARDIO KIDS - PAI 19:15 - PILATES - S2 19:30 - ZUMBA - S1 | 19:00 - PILATES - S2 19:15 - BODY COMBAT - S2 19:15 - CARDIO KIDS - PAI 19:30 - CICLO INDOOR - SC 19:45 - CLUB RUNNING - EXT | 19:00 - CICLO INDOOR - SC 19:15 - ZUMBA - S1 19:15 - CARDIO KIDS - PAI 19:15 - FUNCIONAL - ZF 19:30 - STRETCHING - S2 | 19:00 - LES MILLS DANCE - S1 19:00 - CICLO INDOOR - SC 19:15 - CARDIO KIDS - PAI 19:30 - STRETCHING - S2 | | | 19:00 |
| 20:00 | 20:00 - BODY PUMP - S1 20:15 - PILATES - S2 20:30 - CLUB RUNNING - EXT 20:30 - CICLO INDOOR - SC | 20:00 - CICLO INDOOR - SC 20:00 - HIIT - ZF 20:30 - BODY PUMP - S1 20:45 - BODY COMBAT - S2 | 20:00 - HIIT - ZF 20:00 - YOGA - S2 20:15 - BODY PUMP - S1 20:45 - CICLO INDOOR - SC | 20:00 - CICLO INDOOR - SC 20:15 - BODY COMBAT - S2 20:30 - BODY PUMP - S1 | 20:00 - ACTÍVATE - S1 | | | |
| 21:00 | 21:00 - TOTAL TRAINING - S1 21:00 - TÉNIS FREE - PT | 21:00 - TÉNIS FREE - PT 21:30 - PÁDEL FREE - PP | 21:00 - STRETCHING - S2 21:00 - TÉNIS FREE - PT 21:00 - PÁDEL FREE - PP 21:15 - BODY ATTACK - S2 | 21:00 - TÉNIS FREE - PT | | | | |



ESCANEA PARA VER
EL HORARIO EN
NUESTRA WEB