

HORARIO

COLECTIVAS
LesMILLS

CARDIOVASCULAR

TONIFICACIÓN

BAILE

CUERPO/MENTE

ACT. INFANTILES

PISCINA

CLUB

ALTA INTENSIDAD

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