

# HORARIO

# COLECTIVAS LES MILLS



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