

HORARIO

COLECTIVAS

LES MILLS

CARDIOVASCULAR

TONIFICACIÓN

BAILE

CUERPO/MENTE

ACT. INFANTILES

PISCINA

CLUB

ALTA INTENSIDAD

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:00								7:00
8:00		8:15 - CICLO INDOOR - SC	8:15 - CROSS TRAINING - S2	8:30 - PILATES - S2	8:15 - PUMP HEAVY - S1			8:00
9:00	9:00 - MOVILIDAD 360 - S2 9:15 - CICLO INDOOR - SC	9:00 - PUMP HEAVY - S1 9:15 - CROSS TRAINING - S2	9:15 - BODY PUMP - S1 9:15 - CICLO INDOOR - SC 9:15 - HIIT - ZF 9:30 - MOVILIDAD 360 - S2 9:45 - CORE- S1	9:00 - HIIT - ZF 9:30 - BODY COMBAT - S1	9:00 - PILATES - S2 9:15 - CICLO INDOOR - SC 9:30 - LM CEREMONY - S1	9:15 - CICLO INDOOR - SC 9:30 - PILATES - S2 9:45 - AQUA FITNESS - P	9:15 - CICLO INDOOR - SC 9:30 - CROSS TRAINING - S2	9:00
10:00	10:00 - PILATES - S2 10:15 - BODY PUMP - S1 10:30 - AQUA AEROBIC - P	10:00 - BODY COMBAT - S1 10:15 - YOGA - S2 10:15 - AQUA AEROBIC - P	10:15 - LM CEREMONY - S1 10:30 - ZUMBA - S2 10:30 - AQUA AEROBIC - P	10:15 - YOGA - S2 10:30 - BODY PUMP- S1 10:30 - AQUA AEROBIC - P	10:15 - AQUA AEROBIC - P 10:30 - ZUMBA - S1 10:45 - BODY BALANCE - S2	10:15 - LM CEREMONY - S1 10:30 - ZUMBA - S2	10:15 - BODY PUMP - S1 10:30 - CORE - ZF	10:00
11:00	11:15 - LM CEREMONY - S1 11:30 - AQUA BIKE - P	11:00 - BODY PUMP - S1 11:00 - CORE - ZF 11:15 - BARRÉ - S2 11:15 - AQUA PILATES - P	11:15 - PUMP HEAVY - S1 11:30 - PILATES - S2 11:30 - AQUA BIKE - P	11:30 - CICLO INDOOR - SC 11:30 - AQUA PILATES - P	11:15 - AQUA PILATES - P 11:30 - BODY PUMP - S1 11:45 - BARRÉ - S2	11:15 - GAP - S1 11:30 - MOVILIDAD 360 - S2	11:00 - AQUA AEROBIC - P 11:30 - PILATES - S2	11:00
12:00	12:30 - PILATES - S2 12:30 - AQUA PILATES - P	12:00 - CICLO INDOOR - SC 12:15 - ZUMBA - S2 12:15 - AQUA FITNESS - P		12:30 - AQUA FITNESS - P	12:45 - STRETCHING - S2	12:15 - HIIT - ZF 12:45 - CORE - ZF	12:00 - CLUB SWIMMING - P	12:00
13:00								13:00
14:00		14:15 - LM CEREMONY - S1	14:15 - BARRÉ - S2	14:15 - GAP - S1	14:15 - CICLO INDOOR - SC			14:00
15:00	15:00 - CLUB SWIMMING - P		15:00 - CLUB SWIMMING - P	15:15 - STRETCHING - S2				15:00
16:00								15:00
17:00	17:00 - SPORT FAMILY - INF 17:15 - BARRÉ - S2 17:15 - FUNCIONAL - ZF	17:15 - CICLO INDOOR - SC 17:30 - PILATES - S2 17:30 - PLAY KIDS - INF	17:00 - ZUMBA - S2 17:15 - PUMP HEAVY - S1 17:15 - FUNCIONAL - ZF	17:00 - CICLO INDOOR - SC 17:30 - BODY PUMP - S1 17:45 - YOGA - S2 17:45 - PLAY KIDS - INF	17:15 - PILATES - S2 17:30 - BODY PUMP - S1 17:30 - AQUA FITNESS - P	17:15 - FUNCIONAL - ZF		17:00
18:00	18:00 - BODY PUMP - S1 18:15 - ZUMBA - S2 18:15 - CLUB RUNNING - EXT 18:30 - AQUA AEROBIC - P 18:30 - PLAY KIDS - INF	18:00 - BODY COMBAT - S1 18:15 - CICLO INDOOR - SC 18:30 - ZUMBA - S2 18:30 - AQUA AEROBIC - P 18:30 - CORE - ZF	18:00 - BARRÉ - S2 18:15 - GAP - S1 18:15 - CLUB RUNNING - EXT 18:30 - AQUA AEROBIC - P 18:30 - PLAY KIDS - INF	18:00 - CICLO INDOOR - SC 18:30 - BODY COMBAT - S1 18:45 - PILATES - S2 18:45 - AQUA AEROBIC - P	18:00 - FUNCIONAL - ZF 18:15 - CROSS TRAINING - S2 18:30 - ZUMBA - S1			18:00
19:00	19:00 - LM CEREMONY - S1 19:15 - PILATES - S2 19:15 - CICLO INDOOR - SC 19:30 - CORE - ZF	19:00 - PUMP HEAVY - S1 19:00 - SPORT FAMILY - INF 19:00 - HIIT - ZF 19:30 - BODY BALANCE - S2	19:00 - YOGA - S2 19:15 - LM CEREMONY - S1 19:15 - CICLO INDOOR - SC 19:45 - CORE - ZF	19:30 - ZUMBA - S1 19:45 - BARRÉ - S2	19:00 - CICLO INDOOR - SC 19:15 - YOGA - S2 19:15 - CORE - ZF 19:30 - PUMP HEAVY - S1			19:00
20:00	20:00 - PUMP HEAVY - S1 20:00 - HIIT - ZF 20:15 - BODY BALANCE - S2 20:15 - AQUA FITNESS - P 20:30 - CICLO INDOOR - SC	20:00 - LM CEREMONY - S1 20:30 - YOGA - S2 20:30 - AQUA BIKE - P	20:00 - PILATES - S2 20:15 - BODY PUMP - S1 20:15 - AQUA FITNESS - P	20:30 - PUMP HEAVY - S1 20:30 - AQUA BIKE - P 20:45 - CROSS TRAINING - S2	20:30 - LM CEREMONY - S1			20:00
21:00		21:00 - BODY PUMP - S1	21:00 - CICLO INDOOR - SC					