

HORARIO

COLECTIVAS LES MILLS



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