

HORARIO

COLECTIVAS
LesMILLS

CARDIOVASCULAR

TONIFICACIÓN

BAILE

CUERPO/MENTE

ACT. INFANTILES

PISCINA

CLUB

ALTA INTENSIDAD

	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 - CROSS TRAINING - PP	7:15 - BODY PUMP- S1	7:15 - CROSS TRAINING - PP			7:00
8:00								8:00
9:00	9:15 - PILATES - S2 9:30 - BODY PUMP - S1	9:00 - YOGA - S2 9:15 - ZUMBA - S1	9:00 - PILATES - S2 9:15 - ZUMBA - S1 9:30 - CICLO INDOOR - SC	9:15 - YOGA - S2 9:45 - GAP - S1	9:00 - BODY BALANCE - S2 9:15 - BODY PUMP - S1	9:00 - FUNCIONAL - PP 10:00 - PILATES - S2 10:15 - BODY PUMP - S1	9:15 - CROSS TRAINING - PP	9:00
10:00	10:15 - YOGA - S2 10:15 - AQUA FITNESS - P 10:30 - ZUMBA - S1	10:00 - PILATES - S2 10:15 - BODY PUMP - S1 10:15 - CICLO INDOOR - SC	10:00 - BODY BALANCE - S2 10:15 - BODY PUMP- S1	10:15 - PILATES - S2 10:45 - BODY PUMP - S1	10:00 - STRETCHING - S2 10:15 - CICLO INDOOR - SC 10:30 - PILATES - S2		10:00 - YOGA - S2 10:15 - GAP - S1	10:00
11:00	11:15 - BODY BALANCE - S2 11:30 - CICLO INDOOR - SC	11:00 - SALUD - S2 11:15 - AQUA FITNESS - P 11:15 - BODY COMBAT - S1	11:00 - YOGA - S2 11:15 - AQUA FITNESS - P	11:15 - AQUA FITNESS - P 11:45 - CICLO INDOOR - SC	11:15 - TOTAL TRAINING - S1 11:30 - AQUA FITNESS - P	11:00 - CICLO INDOOR - SC 11:15 - CROSS TRAINING - PP	11:00 - AQUA FITNESS - P 11:15 - CORE - PP 11:45 - BODY PUMP - S1	11:00
12:00						12:00 - AQUA FITNESS - P 12:15 - ZUMBA - S2	12:00 - CICLO INDOOR - SC 12:45 - FUNCIONAL - S1	12:00
13:00							13:15 - BODY BALANCE - S2	13:00
14:00	14:15 - CICLO INDOOR - SC 14:30 - YOGA - S2	14:15 - BODY PUMP - S1	14:15 - CICLO INDOOR - SC 14:30 - BODY BALANCE - S2	14:15 - CROSS TRAINING - PP 14:30 - ZUMBA - S1	14:30 - PILATES - S2	13:00 - YOGA - S2 13:00 - CORE - PP		14:00
15:00					15:30 - CLUB SWIMMING - P			15:00
16:00								16:00
17:00	17:00- GAP- S1 17:15 - SALUD - S2		17:15 - ACTÍVATE- S1	17:00 - PILATES - S2 17:15 - BODY PUMP - S1 17:45 - CICLO INDOOR - SC	17:00 - CROSS TRAINING - PP 17:15 - ZUMBA - S2			17:00
18:00	18:00 - BODY COMBAT - S1 18:00 - AQUA FITNESS - P 18:15 - BODY BALANCE - S2 18:15 - CORE - PP 18:45 - CROSS TRAINING - PP	18:00 - BODY COMBAT - S1 18:15 - YOGA - S2 18:15 - CICLO INDOOR - SC 18:30 - FUNCIONAL - PP	18:00 - STRETCHING - S2 18:00 - AQUA FITNESS - P 18:15 - ZUMBA- S1 18:30 - BODY BALANCE - S2	18:00 - BODY BALANCE - S2 18:15 - BODY COMBAT - S1 18:45 - AQUA FITNESS - P	18:00 - CORE - S1 18:15 - SALUD - S2 18:30 - CICLO INDOOR - SC			18:00
19:00	19:00 - CICLO INDOOR - SC 19:00 - ZUMBA- S1 19:15 - YOGA - S2 19:45 - HIIT - PP	19:00 - BODY PUMP - S1 19:15 - PILATES - S2 19:15 - AQUA FITNESS - P 19:30 - HIIT - PP	19:00 - CORE - PP 19:00 - CICLO INDOOR - SC 19:15 - BODY COMBAT - S1 19:30 - CROSS TRAINING - PP 19:30 - YOGA - S2	19:00 - YOGA - S2 19:15 -GAP - S1 19:45 - HIIT - PP	19:15 - PILATES - S2 19:30 - BODY PUMP - S1			19:00
20:00	20:00 - CICLO INDOOR - SC 20:00 - BODY PUMP - S1 20:15 - FUNCIONAL - PP 20:15 - PILATES - S2	20:00 - CORE - PP 20:00 - ZUMBA- S1 20:15 - BODY BALANCE - S2 20:30 - CROSS TRAINING - PP 20:30 - CICLO INDOOR - SC	20:00 - CICLO INDOOR - SC 20:15 - BODY PUMP - S1 20:30 - PILATES - S2 20:30 - FUNCIONAL - PP	20:00 - STRETCHING - S2 20:15 - CROSS TRAINING - PP 20:15 - ZUMBA- S1 20:15 - CICLO INDOOR - SC				20:00
21:00		21:00 - GAP - S1 21:15 - STRETCHING - S2	21:00 - CLUB SWIMMING - P					21:00