HORARIO

ÁGORA WE GRANADA | Meeting Sport Place

Ayuntamiento de Granada

COLECTIVAS

LesMILLS

CARDIOVASCULAR | TONIFICACIÓN | BAILE | CUERPO/MENTE | ALTA INTENSIDAD | ACT. INFANTILES | PISCINA | RUNNING

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
7:00	7:45 - BODY PUMP - S1	7:45 - CICLO INDOOR - SC						7:00
8:00	8:45 - ACTÍVATE - S1		8:00 - FUNCIONAL- S1	8:00 - LM CEREMONY - S1	8:00 - ACTÍVATE - S1	8:30 - BODY BALANCE - S2	8:45 - BODY PUMP - S1	8:00
			8:15 - MOVILIDAD 360 - S2	8:30 - BODY BALANCE - S2				
9:00	9:30 - MOVILIDAD 360 - S2	9:00 - PUMP HEAVY - S1	9:00 - CICLO INDOOR - SC	9:00 - CICLO INDOOR - SC	9:00 - ZUMBA - S1	9:00 - LM CEREMONY - S1	9:00 - YOGA - S2	9:00
	9:45 - CROSS TRAINING - S1	9:15 - BODY BALANCE - S2	9:15 - CORE - S1	9:30 - PILATES - S2	9:15 - CICLO INDOOR - SC	9:30 - PILATES - S2	9:30 - CICLO INDOOR - SC	
		9:45 - AQUA AERÓBIC - P	9:45 - AQUA AERÓBIC - P	9:45 - ZUMBA - S1	9:30 - MOVILIDAD 360 - S2		9:45 - CROSS TRAINING - S1	
			9:45 - YOGA - S2					
10:00	10:00 - CICLO INDOOR - SC	10:00 - ZUMBA - S1	10:00 - BODY PUMP - S1	10:00 - AQUA FITNESS - P	10:00 - FUNCIONAL - S1	10:00 - BODY PUMP - S1	10:00 - BODY ATTACK - S1	10:00
	10:30 - BODY ATTACK - S2	10:15 - BARRÉ - S2	10:45 - BODY ATTACK - S2	10:30 - BODY COMBAT - S2	10:30 - BARRÉ - S2	10:15 - ZUMBA - S3		
	10:45 - ZUMBA - S1	10:45 - CLUB RUNNING - EXT		10:45 - PUMP HEAVY - S1	10:30 - CLUB SWIMMING - P(C7)	10:30 - CLUB RUNNING - EXT	10:45 - ACTÍVATE- S1	
							10:30 - SPORT FAMILY - S3	
11:00	11:00 - AQUA FITNESS - P	11:00 - GAP - S1	11:00 - ACTÍVATE - S1	11:30 - BARRÉ - S2	11:00 - BODY PUMP - S1	11:00 - PUMP HEAVY - S1	11:00- PILATES - S2	11:00
	11:30 - YOGA - S2	11:15 - PILATES - S2		11:45 - GAP - S1	11:30 - BODY ATTACK - S2	11:15 - SPORT FAMILY - S3	11:30 - ZUMBA - S3	
	11:45 - CORE - S1	11:45 - AQUA FITNESS - P				11:30 - BARRÉ - S2	11:45 - HIIT - S1	
12:00	12:30 - HIIT - S1	12:00 - LM CEREMONY - S1	12:00 - ZUMBA - S1	12:45 - HIIT - S1	12:00 - CROSS TRAINING - S1	12:00 - BODY COMBAT - S1	12:00 - MOVILIDAD 360 - S2	12:00
	12:45 - AQUA AERÓBIC - P	12:45 - BODY COMBAT - S2			12:15 - AQUA AERÓBIC - P	12:15 - AQUA FITNESS - P	12:30 - FUNCIONAL - S1	
					12:30 - YOGA - S2	12:30 - CICLO INDOOR - SC	12:30 - AQUA AERÓBIC - P	
13:00			13:00 - CROSS TRAINING - S1		13:00 - CORE - S1	13:00 - GAP - S1	13:00 - STRETCHING - S2	13:00
						13:30 - STRETCHING - S2	13:30 - CORE - S1	
14:00	14:45 - LM CEREMONY - S1	14:30 - ZUMBA - S1		14:30 - ACTÍVATE - S1	14:30 - PILATES - S2			14:00
15:00			15:00 - GAP- S1					15:00
16:00			16:45 - AQUA AERÓBIC- P			16:30 - CROSS TRAINING - S1		16:00
17:00	17:00 - GAP- S1	17:00 - BODY PUMP - S1	17:00 - ACTÍVATE - S1	17:00 - PUMP HEAVY - S1	17:00 - YOGA - S2	17:30 - AAQUA AERÓBIC - P		17:00
	17:15 - BODY BALANCE - S2	17:15 - PILATES - S2	17:30 - BARRÉ- S2	17:15- ZUMBA - S3	17:15- CROSS TRAINING - S1			
	17:30 - CICLO INDOOR - SC	17:30 - AQUA FITNESS - P	17:45 - BODY COMBAT - S3	17:30 - PLAY KIDS (4-7) - INF	17:30 - SPORT FAMILY - S3			
	17:45 - ZUMBA - S3	17:30 - BODY ATTACK - S3	17:45- PLAY KIDS (8-11) - INF	17:30 - MOVILIDAD 360 - S2				
	17:45 - PLAY KIDS (8-11) - EXT	17:45 - CICLO INDOOR - SC		17:45 - CLUB RUNNING - EXT				
18:00	18:00 - PLAY KIDS (4-7) - INF	18:00 - HIIT - S1	18:00 - BODY PUMP - S1	18:00 - AQUA FITNESS - P	18:00 - PILATES - S2	18:30 - ACTÍVATE - S1		18:00
	18:00 - ACTÍVATE - S1	18:00 - PLAY KIDS (4-7) - INF	18:00 - PLAY KIDS (8-11) - EXT	18:00 - GAP - S1	18:15 - ACTÍVATE - S1			
	18:15 - BARRÉ - S2	18:15 - MOVILIDAD 360 - S2	18:15 - CICLO INDOOR - SC	18:15 - BODY ATTACK - S3	18:30 - ZUMBA - S3			
	18:30 - AQUA FITNESS - P	18:15 - PLAY KIDS (8-11) - EXT	18:30 - BODY BALANCE - S2	18:30 - PILATES - S2	18:45 - AQUA FITNESS - P			
	18:45 - BODY COMBAT - S3	18:30 - AQUA AERÓBIC- P	18:30 - CLUB SWIMMING - P(C7)	18:45 - CICLO INDOOR - SC				
		18:30 - CORE - S3	18:45 - ZUMBA - S3					
		18:45 - GAP - S1						
		18:45 - CLUB RUNNING - EXT						
19:00	19:00 - PLAY KIDS (4-7) - INF	19:15 - PLAY KIDS (4-7) - INF	19:00 - PLAY KIDS (8-11) - EXT	19:00 - PLAY KIDS (8-11) - EXT	19:00 - BARRÉ - S2			19:00
	19:00 - FUNCIONAL - S1	19:15 - PLAY KIDS (8-11) - EXT	19:00 - CROSS TRAINING - S1	19:00 - BODY PUMP - S1	19:15 - GAP - S1			
	19:15 - PLAY KIDS (8-11) - EXT	19:15 - YOGA - S3	19:15 - AQUA FITNESS - P	19:15 - STRETCHING - S3	19:45 - CICLO INDOOR - SC			
	19:15 - PILATES - S2	19:30 - BARRÉ - S2	19:15 - PLAY KIDS (4-7) - INF	19:30 - BODY BALANCE - S2				
	19:30 - CICLO INDOOR - SC	19:45 - CICLO INDOOR - SC	19:30 - MOVILIDAD 360 - S2	19:45 - CICLO INDOOR - SC				
	19:30 - CLUB SWIMMING - P(C7)	19:45 - LM CEREMONY - S1	19:45 - BODY ATTACK - S3					
	19:45 - BODY ATTACK - S3							
20:00	20:00 - AQUA AERÓBIC - P	20:15 - BODY COMBAT- S3	20:00 - FUNCIONAL - S1	20:00 - HIIT - S1	20:00 - STRETCHING - S2			20:00
	20:00 - BODY PUMP - S1	20:30 - BODY BALANCE - S2	20:15 - CICLO INDOOR - SC	20:00 - BODY COMBAT - S3	20:15 - LM CEREMONY - S1			
	20:15 - YOGA - S2	20:45 - PUMP HEAVY - S1	20:30 - YOGA - S2	20:30 - BARRÉ - S2	20:45 - CORE - S3			
	20:30 - CICLO INDOOR - SC	20:45 - CICLO INDOOR - SC	20:45 - STRETCHING - S3	20:45 - ACTÍVATE - S1				
	20:45 - CORE - S3			20:45 - AQUA AERÓBIC - P				
21:00	21:00 - CROSS TRAINING - S1	21:15 - ZUMBA - S1	21:00 - HIIT - S1	21:45 - LM CEREMONY - S1	21:15 - BODY PUMP - S1			21:00
	21:15 - STRETCHING- S2	21:45 - ACTÍVATE- S1	21:30 - PILATES- S2					
	21:30 - CICLO INDOOR - SC		21:45 - CORE - S1					