

HORARI

COLECTIVAS
LesMILLS

CARDIOVASCULAR

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BALL

COS/MENT

ACT. INFANTILS

PISCINA

CLUB

ALTA INTENSITAT

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE	
7:00	7:15 - ACTÍVATE- S1	7:00 - BODYPUMP - S1	7:00 - CICLOINDOOR- SC	7:00 - CROSSTRaining-S3	7:00 - CICLOINDOOR- SC			7:00
8:00	8:15 - CICLOINDOOR- SC	8:00 - AQUA AEROBIC- P 8:30 - CICLOINDOOR- SC	8:15 - GAP- S1	8:00 - CICLOINDOOR- SC 8:00 - AQUA FITNESS- P				8:00
9:00	9:30 - PUMP HEAVY- S1 9:15 - YOGA- S2 9:15 - AQUA AEROBIC- P	9:15 - AQUA AEROBIC- P 9:45 - ACTÍVATE- S1	9:00 - HYROX- S3 9:15 - AQUA FITNESS- P 9:15 - ZUMBA- S2	9:00 - GAP- S1 9:15 - AQUA FITNESS- P	9:00 - GAP- S1 9:15 - BODYBALANCE- S2 9:15 - AQUA AEROBIC- P	9:30 - CICLOINDOOR- SC 9:30 - AQUA AEROBIC- P 9:30 - SPORTFAMILY- INF 9:30 - HYROX- S3	9:45 - FUNCIONAL- S3	9:00
10:00	10:15 - ZUMBA- S2 10:15 - AQUA AEROBIC- P 10:30 - CICLOINDOOR- SC	10:00 - ZUMBA- S2 10:15 - AQUA AEROBIC- P 10:15 - GAP- S1 10:45 - CICLOINDOOR- SC	10:00 - FUNCIONAL- S3 10:00 - CICLOINDOOR- SC 10:15 - AQUA FITNESS- P 10:15 - MOVILIDAD 360 - S2 10:45 - BODYPUMP - S1	10:00 - ZUMBA- S2 10:15 - CICLOINDOOR- SC 10:15 - AQUA FITNESS- P	10:15 - ZUMBA- S2 10:30 - CROSSTRaining- S3 10:45 - BODYCOMBAT - S1	10:15 - ZUMBA- S2 10:30 - BODYPUMP - S1	10:00 - CICLOINDOOR- SC	10:00
11:00	11:15 - HYROX- S3 11:30 - MOVILIDAD 360 - S2	11:00 - MOVILIDAD 360 - S2 11:15 - AQUA AEROBIC- P 11:15 - CROSSTRaining- S2	11:15 - BODYBALANCE- S2	11:00 - MOVILIDAD 360 - S2 11:15 - BODYPUMP - S1	11:00 - CICLOINDOOR- SC 11:15 - PILATES- S2	11:45 - GAP- S1 11:30 - CICLOINDOOR- SC	11:00 - CORE- S1 11:30 - ACTÍVATE- S1	11:00
12:00	12:00 - AQUA AEROBIC- P 12:30 - PILATES- S2	12:00 - PILATES- S2 12:15 - ACTÍVATE- S1	12:00 - BODYCOMBAT - S2	12:00 - YOGA- S2	12:00 - AQUA AEROBIC- P 12:30 - HYROX- S3	12:30 - AQUA AEROBIC- P 12:45 - MOVILIDAD 360 - S2	12:00 - CROSSTRaining- S3	12:00
13:00		13:30 - PUMP HEAVY- S1		13:15 - BODYBALANCE- S2		13:15 - PUMP HEAVY- S1	13:00 - GAP- S1 13:00 - STRETCHING- S2 13:30 - PILATES- S2	13:00
14:00	14:00 - CROSSTRaining- S3		14:00 - ACTÍVATE- S1	14:15 - ZUMBA- S2	14:00 - BODYPUMP - S1			14:00
15:00								15:00
16:00	16:45 - BARRÉ- S2	16:15 - ZUMBA- S2	16:45 - PUMP HEAVY- S1	16:00 - CORE- S1 16:30 - ZUMBA- S2	16:45 - PILATES- S2	16:30 - FUNCIONAL- S3		16:00
17:00	17:00 - LM CEREMONY- S3 17:30 - PLAYKIDS- INF 17:45 - ZUMBA- S2	17:00 - CICLOINDOOR- SC 17:15- PUMP HEAVY- S1 17:30 - STRETCHING- S2	17:00 - ZUMBA- S2 17:00 - PLAYKIDS- INF 17:45 - CICLOINDOOR- SC	17:30 - BARRÉ- S2 17:45 - CROSSTRaining- S3	17:00 - BODYCOMBAT - S1 17:45 - CICLOINDOOR- SC	17:45 - CICLOINDOOR- SC		17:00
18:00	18:00 - GAP- S1 18:00 - CICLOINDOOR- SC 18:45 - BODYBALANCE- S2	18:00 - BARRÉ- S2 18:15 - PLAYKIDS- INF	18:00 - BODYBALANCE- S2 18:15 - GAP- S1	18:00 - BODYCOMBAT - S1 18:30 - ZUMBA- S2	18:00 - ZUMBA- S2	18:45 - ACTÍVATE- S1		18:00
19:00	19:00 - BODYPUMP - S1 19:15 - AQUA AEROBIC- P 19:15 - CLUBRUNNING- EXT 19:15 - CICLOINDOOR- SC	19:00 - ZUMBA- S2 19:15 - AQUA AEROBIC- P 19:30 - LM CEREMONY- S3 19:30 - CICLOINDOOR- SC 19:45 - BODYPUMP - S1 20:00 - PILATES- S2	19:00 - PILATES- S2 19:15 - BODYPUMP - S1 19:15 - AQUA FITNESS- P 19:15 - CLUBRUNNING- EXT 19:30 - FUNCIONAL- S3 19:45 - CICLOINDOOR- SC	19:00 - PUMP HEAVY- S1 19:15 - AQUA FITNESS- P 19:15 - AQUA FITNESS- P 19:30 - HYROX- S3	19:00 - STRETCHING- S2 19:15 - AQUA AEROBIC- P 19:30 - FUNCIONAL- S3			19:00
20:00	20:00 - ACTÍVATE- S1	20:15 - AQUA AEROBIC- P	20:30 - CORE- S1	20:15 - AQUA FITNESS- P 20:45 - STRETCHING- S2	20:15 - CICLOINDOOR- SC			20:00
21:00	21:15 - STRETCHING- S2	21:15 - GAP- S1	21:15 - ACTÍVATE- S1	21:15 - FUNCIONAL- S3	21:15 - HIIT - S3			21:00