

HORARIO

ÁGORA
PEPU HERNÁNDEZ

Meeting
Sport
Place



MADRID

COLECTIVAS LesMILLS



CARDIOVASCULAR



TONIFICACIÓN



BAILE



CUERPO/MENTE



ALTA INTENSIDAD



CLUB



ACT. INFANTILES Y
FAMILIARES

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