

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 - ACTÍVATE - S1	7:00 - BODY PUMP - S1	7:00 - CICLO INDOOR - SC	7:00 - CROSS TRAINING- S3	7:00 - CICLO INDOOR - SC			7:00
8:00	8:15 - CICLO INDOOR - SC	8:00 - AQUA AEROBIC - P 8:30 - CICLO INDOOR - SC	8:15 - GAP - S1	8:00 - CICLO INDOOR - 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 - BODY BALANCE - S2 9:15 - AQUA AEROBIC - P	9:30 - CICLO INDOOR - SC 9:30 - AQUA AEROBIC - P 9:30 - SPORT FAMILY - INF 9:30 - HYROX - S3	9:45 - FUNCIONAL - S3	9:00
10:00	10:15 - ZUMBA - S2 10:15 - AQUA AEROBIC - P 10:30 - CICLO INDOOR - SC	10:00 - ZUMBA -S2 10:15 - AQUA AEROBIC - P 10:15 - GAP - S1 10:45 - CICLO INDOOR - SC	10:00 - FUNCIONAL - S3 10:00 - CICLO INDOOR - SC 10:15 - AQUA FITNESS - P 10:15- MOVILIDAD 360 - S2 10:45- BODY PUMP - S1	10:00 - ZUMBA -S2 10:15 - CICLO INDOOR - SC 10:15 - AQUA FITNESS - P	10:15 - ZUMBA - S2 10:30 - CROSS TRAINING - S3 10:45 -BODY COMBAT - S1	10:15 - ZUMBA - S2 10:30 - BODY PUMP - S1	10:00 - CICLO INDOOR - 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 - CROSS TRAINING - S2	11:15 - BODY BALANCE - S2	11:00 - MOVILIDAD 360 - S2 11:15 - BODY PUMP - S1	11:00 - CICLO INDOOR - SC 11:15 - PILATES - S2	11:45 - GAP - S1 11:30 - CICLO INDOOR - 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 - BODY COMBAT - 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 - CROSS TRAINING - S3	12:00
13:00		13:30 - PUMP HEAVY - S1		13:15 - BODY BALANCE - S2		13:15 - PUMP HEAVY - S1	13:00- GAP - S1 13:00 - STRETCHING - S2 13:30 - PILATES- S2	13:00
14:00	14:00 - CROSS TRAINING - S3		14:00 - ACTÍVATE - S1	14:15 - ZUMBA -S2	14:00 - BODY PUMP - 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 - PLAY KIDS - INF 17:45 - ZUMBA - S2	17:00 - CICLO INDOOR - SC 17:15- PUMP HEAVY - S1 17:30 - STRETCHING - S2	17:00 - ZUMBA -S2 17:00 - PLAY KIDS - INF 17:45 - CICLO INDOOR - SC	17:30 - BARRÉ - S2 17:45 - CROSS TRAINING - S3	17:00 - BODY COMBAT - S1 17:45 - CICLO INDOOR - SC	17:45 - CICLO INDOOR - SC		17:00
18:00	18:00 - GAP - S1 18:00 - CICLO INDOOR - SC 18:45 - BODY BALANCE - S2	18:00 - BARRÉ - S2 18:15 - PLAY KIDS - INF	18:00 - BODY BALANCE - S2 18:15 - GAP - S1	18:00 - BODY COMBAT - S1 18:30 - ZUMBA -S2	18:00 - ZUMBA - S2	18:45 - ACTÍVATE - S1		18:00
19:00	19:00 - BODY PUMP - S1 19:15 - AQUA AEROBIC - P 19:15 - CLUB RUNNING - EXT 19:15 - CICLO INDOOR - SC	19:00 - ZUMBA -S2 19:15 - AQUA AEROBIC - P 19:30 - LM CEREMONY - S3 19:30 - CICLO INDOOR - SC 19:45 - BODY PUMP - S1 20:00 - PILATES - S2	19:00 - PILATES - S2 19:15 - BODY PUMP - S1 19:15 - AQUA FITNESS - P 19:15 - CLUB RUNNING - EXT 19:30 - FUNCIONAL- S3 19:45 - CICLO INDOOR - SC	19:00 - PUMP HEAVY - S1 19:15 - AQUA FITNESS - P 19:15 - CICLO INDOOR - SC 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 - CICLO INDOOR - 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