

HORARIO

COLECTIVAS

LesMILLS

 CARDIOVASCULAR  TONIFICACIÓN  BAILE  CUERPO/MENTE  PISCINA  ALTA INTENSIDAD  CLUB  ACT. INFANTILES Y FAMILIARES

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