

Centro autorizado oficialmente por LES MILLS para Body Pump, Body Balance, Body Combat, CXWorx y Body Attack.

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:10-08:00	CICLO	CICLO	BODY PUMP	CICLO				
07:10-08:00	STUDIO 1							
07:10-07:35	FITNESS				O2 CROSSTRAINING			
07:35-08:00	FITNESS				ABD			
08:05-08:30	FITNESS	FUNCTIONAL TRAINING		PLIOMETRÍA		ESTIRAMIENTOS		
08:05-08:55	STUDIO 4			YOGA				
08:05-08:55	CICLO		WELLNESS CYCLING		WELLNESS CYCLING			
08:30-08:55	FITNESS	TRX						
09:35-10:25	PISCINA POLIVALENTE						AQUAWELLNESS	AQUAWELLNESS
09:35-10:25	STUDIO 1	BODY PUMP	PILATES	BODY ATTACK	BODY COMBAT	BODY PUMP	BODY PUMP	
09:35-10:25	STUDIO 3	WELLNESS CLASS			TBC	FITBALL		
09:35-10:25	CICLO		CICLO	CICLO	WELLNESS CYCLING		WELLNESS CYCLING	WELLNESS CYCLING
09:35-10:25	STUDIO 4			DANCE-LATINO				
09:35-10:00	STUDIO 3			EQUO2				
10:00-10:30	STUDIO 3			BODY BALANCE EXPRESS				
10:05-10:55	PISCINA POLIVALENTE	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS		
10:35-11:05	CICLO				CICLO EXPRES			
10:35-11:25	STUDIO 1	BODY ATTACK	BODY COMBAT	BODY PUMP		BODY BALANCE	ZUMBA	
10:35-11:25	STUDIO 3	BODY BALANCE	FITBALL	PILATES	PILATES ADVANCED	BOXING		
10:35-11:25	CICLO					CICLO		WELLNESS CYCLING
10:35-11:25	STUDIO 4	BAILE LATINO	YOGA			ZUMBA		
10:35-11:25	OUTDOOR			CLUB DE CORREDORES				
10:35-11:05	STUDIO 1				RADICAL EXTREME			
11:05-11:30	STUDIO 1				CXWORX			
11:05-11:30	FITNESS							TRX
11:05-11:55	STUDIO 4			YOGA				
11:35-12:05	STUDIO 1	CXWORX	GAP					
11:35-12:25	PISCINA POLIVALENTE		AQUAWELLNESS		AQUAWELLNESS			
11:35-12:25	STUDIO 1		ZUMBA		ZUMBA			
11:35-12:25	STUDIO 4	YOGA			YOGA			
12:05-12:55	PISCINA POLIVALENTE	AQUAWELLNESS		AQUAWELLNESS				
12:05-12:55	STUDIO 1			ESCUELA DE ESPALDA				
12:05-12:55	CICLO	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING
13:00-13:25	FITNESS						TRX	
14:05-14:55	CICLO		WELLNESS CYCLING		WELLNESS CYCLING			
14:30-15:00	PISCINA POLIVALENTE		AQUACROSSTRAINING		AQUACROSSTRAINING			
14:35-15:25	STUDIO 1		BODY PUMP					
14:35-15:25	CICLO	CICLO		CICLO		CICLO		
14:35-15:05	STUDIO 1				BODY PUMP EXPRESS			
15:05-15:35	STUDIO 1				CXWORX			
16:05-16:55	FITNESS	PILATES ADVANCED	BODY BALANCE	PILATES				
16:30-16:55	STUDIO 1	TRX	A.I. CORE	TRX				
17:05-17:55	STUDIO 1	BODY PUMP		BODY PUMP				
17:05-17:55	STUDIO 3	ZUMBA		ZUMBA	BODY BALANCE			
17:05-17:55	STUDIO 4		PILATES					
17:05-17:35	CICLO					CICLO EXPRES		
17:05-17:55	CICLO		CICLO	CICLO	CICLO		WELLNESS CYCLING	
17:05-17:35	STUDIO 1		RADICAL EXTREME		RADICAL EXTREME	BODY PUMP EXPRESS		
17:35-18:00	STUDIO 1		CXWORX		CXWORX	GAP		
17:35-18:25	STUDIO 3					ZUMBA		
18:05-18:30	FITNESS				PLIOMETRÍA			
18:05-18:35	STUDIO 1					RADICAL EXTREME		
18:05-18:55	STUDIO 1	FITBALL	BODY PUMP	BODY ATTACK	TBC			
18:05-18:55	STUDIO 3	BODY COMBAT	ESCUELA DE ESPALDA		PILATES			
18:05-18:55	STUDIO 4	PILATES ADVANCED	ZUMBA					
18:05-18:30	STUDIO 3			EQUO2				
18:30-19:00	STUDIO 3			BODY BALANCE EXPRESS				
18:35-19:25	CICLO	CICLO		CICLO	CICLO	CICLO	WELLNESS CYCLING	
19:00-19:30	PISCINA POLIVALENTE		AQUA RUNNING		AQUA RUNNING			
19:05-19:35	CICLO		CICLO EXPRES					
19:05-19:30	FITNESS	ABD		TRX				
19:05-19:55	PISCINA RECREATIVA	AQUAWELLNESS ADVANCED		AQUAWELLNESS ADVANCED		AQUAWELLNESS ADVANCED		
19:05-19:55	STUDIO 1	BODY PUMP			BODY COMBAT	BODY BALANCE		
19:05-19:55	STUDIO 3	BODY BALANCE	BODY ATTACK CXWORX 50	FITBALL	DANCE			
19:05-19:55	STUDIO 4		PILATES					
19:05-19:30	STUDIO 1			CXWORX				
19:30-20:00	STUDIO 1			BODY PUMP EXPRESS				
19:35-20:25	PISCINA RECREATIVA		AQUAWELLNESS ADVANCED		AQUAWELLNESS ADVANCED			
19:35-20:25	OUTDOOR			CLUB DE CORREDORES				
20:05-20:35	CICLO	CICLO EXPRES						
20:05-20:55	PISCINA RECREATIVA	AQUAWELLNESS ADVANCED		AQUAWELLNESS ADVANCED				
20:05-20:55	STUDIO 1	BODY ATTACK	BODY PUMP	BODY COMBAT	BODY PUMP	BODY PUMP		
20:05-20:55	STUDIO 3	DANCE-LATINO	BOXING		BODY BALANCE			
20:05-20:55	STUDIO 4	YOGA	YOGA	PILATES				
20:05-20:55	CICLO		CICLO	CICLO	CICLO	WELLNESS CYCLING	WELLNESS CYCLING	
20:35-21:25	PISCINA RECREATIVA		AQUAWELLNESS ADVANCED		AQUAWELLNESS ADVANCED			
20:35-21:25	STUDIO 3			ZUMBA				
21:05-21:35	STUDIO 1	CXWORX	RADICAL EXTREME		RADICAL EXTREME			
21:05-21:35	CICLO					CICLO EXPRES		
21:05-21:30	FITNESS	PROPIOCEPCIÓN		ABD				
21:05-21:55	CICLO	CICLO						
21:05-21:55	STUDIO 1			BODY PUMP				
21:05-21:55	STUDIO 4				YOGA			
21:35-22:00	FITNESS				ESTIRAMIENTOS			
21:35-22:05	STUDIO 3		GAP		CXWORX			
21:35-22:25	STUDIO 1	BODY PUMP	BODY BALANCE					
21:35-22:25	CICLO		CICLO	WELLNESS CYCLING	WELLNESS CYCLING			

Wellness TONO	Intensidad
Wellness LÍNEA	Control de peso
Wellness RITMO	Coreografía
Wellness EQUILIBRIO	Relax

CENTRO OFICIAL
LES MILLS

