

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		CICLO		CICLO		
07:10-08:00	STUDIO 1		BODY PUMP					
07:10-07:35	FITNESS				O2 CROSSTRAINING ABD			
07:35-07:55	FITNESS							
08:05-08:30	FITNESS	FUNCTIONAL TRAINING		PLIOMETRÍA		ESTIRAMIENTOS		
08:05-08:55	CICLO		WELLNESS CYCLING		WELLNESS CYCLING			
08:30-08:55	FITNESS	TRX						
09:05-09:55	STUDIO 4			ZUMBA				
09:35-10:25	PISCINA POLIVALENTE						AQUAWELLNESS	AQUAWELLNESS
09:35-10:25	STUDIO 1	BODY PUMP	PILATES	BODY ATTACK	BODY COMBAT	BODY PUMP	LES MILLS	
09:35-10:25	STUDIO 3	WELLNESS CLASS			TBC	FITBALL		
09:35-10:25	CICLO		CICLO	WELLNESS CYCLING				WELLNESS CYCLING
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		
10:35-11:25	STUDIO 1	BODY BALANCE	BODY COMBAT	BODY PUMP	PILATES ADVANCED	BODY BALANCE		
10:35-11:25	STUDIO 3	DANCE-LATINO	FITBALL	PILATES		SALSA		
10:35-11:25	STUDIO 4	BODY ATTACK	YOGA			YOGA		
10:35-11:25	CICLO	WELLNESS CYCLING			CICLO	CICLO	CICLO	WELLNESS CYCLING
11:05-11:55	FITNESS						TRX	TRX
11:05-11:55	STUDIO 4			YOGA				
11:35-12:05	STUDIO 3				CXWORX			
11:35-12:25	PISCINA POLIVALENTE		AQUAWELLNESS		AQUAWELLNESS			
11:35-12:25	STUDIO 1	BALLET FIT	ZUMBA		ZUMBA		ZUMBA	
11:35-12:25	STUDIO 4	YOGA			YOGA			
11:35-12:25	STUDIO 3			BALLET FIT				
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
14:35-15:25	STUDIO 1		BODY PUMP		BODY PUMP			
14:30-15:00	PISCINA POLIVALENTE		AQUACROSSTRAINING					
14:35-15:25	CICLO	CICLO	WELLNESS CYCLING	CICLO	WELLNESS CYCLING	CICLO		
16:05-16:55	STUDIO 1		BODY BALANCE					
16:30-16:55	FITNESS	TRX	TRX	TRX	TRX	TRX		
17:05-17:35	STUDIO 1		RADICAL EXTREME CXWORX		RADICAL EXTREME CXWORX			
17:35-18:00	STUDIO 1							
17:05-17:55	STUDIO 1	BODY PUMP		BODY PUMP		BODY PUMP		
17:05-17:55	STUDIO 3	ZUMBA	ESCUELA DE ESPALDA	ZUMBA	BODY BALANCE			
17:05-17:55	CICLO	WELLNESS CYCLING	CICLO	CICLO	CICLO	WELLNESS CYCLING	WELLNESS CYCLING	
17:35-18:25	STUDIO 3					ZUMBA		
18:05-18:55	STUDIO 1	FITBALL	BODY ATTACK	BODY BALANCE	BODY PUMP			
18:05-18:55	STUDIO 3	BODY COMBAT	ZUMBA	TBC				
18:05-18:55	STUDIO 4	PILATES			PILATES ADVANCED			
18:05-18:55	CICLO	CICLO	WELLNESS CYCLING	CICLO	CICLO	CICLO		
19:05-19:55	PISCINA RECREATIVA	AQUAWELLNESS ADVANCED		AQUAWELLNESS ADVANCED		AQUAWELLNESS ADVANCED		
19:05-19:55	STUDIO 1	BODY PUMP	TBC	BODY ATTACK	BODY COMBAT	BODY BALANCE		
19:05-19:55	STUDIO 3	BODY BALANCE	BOXING	FITBALL	ESCUELA DE ESPALDA			
19:05-19:55	STUDIO 4	BAILE LATINO	PILATES					
19:05-19:55	CICLO		CICLO			WELLNESS CYCLING	WELLNESS CYCLING	
19:35-20:25	PISCINA RECREATIVA		AQUAWELLNESS ADVANCED		AQUAWELLNESS ADVANCED			
19:30-20:30	OUTDOOR	CLUB DE CORREDORES						
20:05-20:55	PISCINA RECREATIVA	AQUAWELLNESS ADVANCED		AQUAWELLNESS ADVANCED				
20:05-20:55	STUDIO 1	BODY ATTACK	BODY PUMP	BODY PUMP	BODY ATTACK CXWORX 50			
20:05-20:55	STUDIO 3			BODY COMBAT	ZUMBA			
20:05-20:35	STUDIO 3	CXWORX						
20:05-20:55	STUDIO 4	YOGA	YOGA	PILATES ADVANCED				
20:05-20:55	CICLO	WELLNESS CYCLING	CICLO	CICLO	CICLO			
20:05-20:30	STUDIO 1					CXWORX		
20:30-20:55	STUDIO 1					RADICAL EXTREME		
20:15-21:15	OUTDOOR				CLUB DE CORREDORES			
20:35-21:25	PISCINA RECREATIVA		AQUAWELLNESS ADVANCED		AQUAWELLNESS ADVANCED			
20:35-21:25	STUDIO 3	BALLET FIT						
21:05-21:55	STUDIO 1				BODY PUMP			
21:05-21:55	STUDIO 3		BODY BALANCE	BALLET FIT				
21:05-21:55	STUDIO 4				YOGA			
21:05-21:55	CICLO	CICLO				WELLNESS CYCLING		
21:05-21:30	STUDIO 1	CXWORX	RADICAL EXTREME	RADICAL EXTREME				
21:30-22:00	STUDIO 1	BODY PUMP EXPRESS	CXWORX	CXWORX				
21:35-22:00	FITNESS		ABD	TRX	ABD			
21:35-22:25	CICLO		WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING			

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

**CENTRO OFICIAL
LES MILLS**

