

# HORARIO ACTIVIDADES DIRIGIDAS 2023



SALA	🕒	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
S2	7.30	🟡 CYCLING		🟡 CYCLING			
S1	8.00		🟢 TRX+ABD		🟢 TRX+ABD	🟡 CYCLING	
S1	8.30			🟤 TCT			
S1	9.15	🟤 TCT					🟤 TCT
S2	9.30		🟡 CYCLING		🟡 CYCLING		
PISCI	9.30					🟢 AQUA	
S1	9.30		🔴 BODYPUMP	🟢 BODYBALANCE	🔴 BODYPUMP	🟤 TCT	
PISCI	10.10	🟢 AQUA					
S2	10.15						🟡 CYCLING
S1	10.15	🟢 ABDOMINALES					🔴 BODYPUMP
PISCI	10.45			🟢 AQUA			
S1	10.45		🟢 BODYBALANCE	🟢 TRX	🟡 PILATES	🟢 BODYBALANCE	
S1	11.30						🟢 BODYBALANCE
S1	13.15		🔴 BODYPUMP		🔴 BODYPUMP		
S2	13.30	🟡 HIIT CYCLING 30'		🟡 HIIT CYCLING 30'			
S1	16.00		🟡 PILATES				
S1	16.20	🟢 TRX		🟢 TRX	🟢 TRX	🟢 ABDOMINALES	
S1	17.00	🔴 BODYPUMP	🟢 BODYCOMBAT	🟢 BODYBALANCE	🔴 TONE		
S2	17.10			🟡 CYCLING			
S2	17.15	🟡 CYCLING				🟡 CYCLING 65'	
S1	17.30					🟡 PILATES	
S2	17.30		🟡 HIIT CYCLING 30'		🟡 HIIT CYCLING 30'		
S1	18.00		🔴 BODYPUMP		🔴 BODYPUMP		
S2	18.10		🟡 CYCLING	🟡 CYCLING	🟡 CYCLING		
S1	18.10	🟢 BODYBALANCE		🟡 ZUMBA			
S2	18.20	🟡 CYCLING					
S1	18.30					🟢 BODYBALANCE	
S1	19.10		🟢 BODYBALANCE		🟢 BODYBALANCE		
S2	19.15		🟡 CYCLING		🟡 CYCLING		
S1	19.15	🔴 BODYPUMP		🔴 BODYPUMP			
S1	19.35					🟢 BODYCOMBAT	
S1	20.15		🟢 BODYCOMBAT				

## HORARIO DEL CENTRO

De Lunes a Viernes 6:30 a 22:00

Sabados y Domingos 9:00 a 14:00

# LES MILLS

Descarga en PDF

