

HORARI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:10:08:05	CICLE	CICLE	CICLE	CICLE	WELLNESS CYCLING	CICLE		
07:10:08:05	STUDIO 1	BODY BALANCE	BODY PUMP			PILATES		
07:10:07:40	STUDIO 1			GRIT SERIES	BODY PUMP EXPRESS			
07:45:08:15	STUDIO 1				BODY ATTACK EXPRESS			
08:05:08:25	FITNESS	ABD	ESTIRAMIENTS	ABD	ESTIRAMIENTS	ABD	MILITARY	
08:05:08:55	PISCINA	AQUAWELLNESS		AQUAWELLNESS	AQUAWELLNESS			
09:05:09:55	PISCINA	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS		
09:35:10:25	STUDIO 1	BODY PUMP	GAC	ZUMBA				
09:35:10:05	STUDIO 1				BODY ATTACK EXPRESS	GRIT SERIES		
09:35:10:25	STUDIO 2	ESCUELA DE ESPALDA	YOGA ADVANCED	PILATES ADVANCED	PILATES ADVANCED	BALLET FIT		
10:05:10:30	STUDIO 1				BODY PUMP EXPRESS			
10:05:10:55	STUDIO 1						O2 CROSSTRaining	BODY PUMP
10:05:10:55	CICLE						WELLNESS CYCLING	WELLNESS CYCLING
10:35:11:25	CICLE	CICLE	CICLE	CICLE	CICLE	CICLE		
10:35:11:25	STUDIO 1			BODY PUMP	O2 CROSSTRaining	ZUMBA		
10:35:11:25	STUDIO 2	GIMNASTICA SUAU		YOGA	ESCUELA DE ESPALDA			
10:35:11:05	STUDIO 1		GRIT SERIES					
11:05:11:55	PISCINA	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS		
11:05:11:55	STUDIO 1						BODY PUMP	
11:05:11:55	CICLE						CICLE	CICLE
11:35:11:55	FITNESS	ESTIRAMIENTS	MILITARY	ESTIRAMIENTS	BOSU	ESTIRAMIENTS	TRX	FUNCTIONAL TRAINING
11:35:12:25	STUDIO 2	YOGA		GIMNASTICA SUAU		YOGA ADVANCED		
12:05:12:55	CICLE	WELLNESS CYCLING		WELLNESS CYCLING			CICLE	WELLNESS CYCLING
12:05:12:55	PISCINA						AQUAWELLNESS	AQUAWELLNESS
13:35:14:25	STUDIO 1	PILATES ADVANCED		PILATES ADVANCED		BODY PUMP		
13:35:14:25	CICLE		CICLE		CICLE			
13:35:14:25	PISCINA	AQUAWELLNESS	AQUAWELLNESS		AQUAWELLNESS			
14:15:15:05	CICLE	CICLE		CICLE			WELLNESS CYCLING	
14:35:15:25	STUDIO 1	BODY PUMP		BALLET FIT	BODY BALANCE	PILATES ADVANCED		
14:35:15:05	STUDIO 1		GRIT SERIES					
15:05:15:25	FITNESS	ABD	ESTIRAMIENTS	ABD	ESTIRAMIENTS	ABD	MILITARY	
15:35:16:25	STUDIO 1	YOGA	TBC	BODY PUMP	GAC	ZUMBA		
15:35:16:25	STUDIO 2				PILATES ADVANCED			
15:35:16:25	STUDIO 3					O2 CROSSTRaining		
15:35:16:25	CICLE	CICLE	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING		
17:05:17:55	STUDIO 1		BODY PUMP		BODY PUMP	BODY BALANCE		
17:05:17:35	STUDIO 1	GRIT SERIES		BODY COMBAT EXPRESS				
17:05:17:55	STUDIO 2		YOGA ADVANCED	GAC				
17:05:17:55	STUDIO 3	PILATES						
17:35:18:00	STUDIO 1			BODY ATTACK EXPRESS				
17:35:18:05	CICLE	CICLE EXPRÉS	CICLE EXPRÉS	CICLE EXPRÉS	CICLE EXPRÉS	CICLE EXPRÉS		
18:05:18:25	FITNESS	ESTIRAMIENTS	ABD	ESTIRAMIENTS	ABD	ESTIRAMIENTS	CIRCUIT TRAINING	
18:05:18:35	STUDIO 1		GRIT SERIES		GRIT SERIES			
18:05:18:55	STUDIO 2			PILATES				
18:35:19:25	STUDIO 1	ZUMBA	BODY BALANCE	BODY PUMP	TBC	BODY COMBAT		
18:35:19:25	STUDIO 2	BALLET FIT			YOGA			
18:35:19:25	STUDIO 3	O2 CROSSTRaining	O2 CROSSTRaining	DANCE-LATINO		BOXING		
18:35:19:25	CICLE	CICLE	CICLE	CICLE	CICLE	CICLE	WELLNESS CYCLING	
19:35:20:25	STUDIO 1	BODY PUMP	BODY COMBAT	STEP	BODY ATTACK	GAC		
19:35:20:25	STUDIO 2	PILATES	GAC	YOGA	BALLET FIT			
19:35:20:25	STUDIO 3	BOXING		O2 CROSSTRaining				
19:35:20:05	STUDIO 3				GRIT SERIES			
19:35:20:25	CICLE	CICLE	CICLE	CICLE	CICLE	CICLE		
19:35:20:25	PISCINA	AQUAWELLNESS	AQUACROSSTRaining	AQUAWELLNESS				
20:35:21:25	STUDIO 1		BODY PUMP		ZUMBA			
20:35:21:05	STUDIO 1	GRIT SERIES		BODY COMBAT EXPRESS				
20:35:21:25	STUDIO 2	YOGA		PILATES				
20:35:21:25	STUDIO 3			BOXING	O2 CROSSTRaining			
20:35:21:25	CICLE	CICLE	CICLE	CICLE	WELLNESS CYCLING	WELLNESS CYCLING		
21:05:21:25	STUDIO 1			BODY ATTACK EXPRESS				
21:05:21:25	FITNESS	ESTIRAMIENTS	ABD	MILITARY	ABD	ESTIRAMIENTS		
21:25:22:30	CICLE	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING		

Wellness TONIFICACIÓ Intensitat

COS Wellness LÍNIA Control de Pes

Wellness RITME Coreografia

COS I MENT Wellness EQUILIBRI Relax



CENTRO OFICIAL
LES MILLS

