

HORARI	SALA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE	DIUMENGE
07:10-08:05	CYCLING	CICLE	CICLE	CICLE	WELLNESS CYCLING	CICLE		
07:10-08:05	STUDIO 1		BODYPUMP					
07:10-07:40	STUDIO 1			O2 CROSSTRaining EXPRESS	BODYPUMP EXPRESS	O2 CROSSTRaining EXPRESS		
07:45-08:15	STUDIO 1			CORE	BODYATTACK EXPRESS	CORE		
08:05-08:25	FITNESS	ESTIRAMENTS	ABD	ESTIRAMENTS	ABD	ESTIRAMENTS	ABD	
08:05-08:55	PISCINA	AQUAWELLNESS		AQUAWELLNESS	AQUAWELLNESS			
09:05-09:55	PISCINA	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS		
09:35-10:25	STUDIO 1	BODYPUMP	GAP	ZUMBA		BODYPUMP		
09:35-10:05	STUDIO 1				CORE			
09:35-10:25	STUDIO 2	ESCOLA D'ESQUENA		PILATES ADVANCED	ESCOLA D'ESQUENA	BODYBALANCE		
10:05-10:30	STUDIO 1				BODYATTACK EXPRESS			
10:05-10:55	STUDIO 1						O2 CROSSTRaining	BODYPUMP
10:05-10:55	CYCLING						WELLNESS CYCLING	WELLNESS CYCLING
10:35-11:25	CYCLING	CICLE	CICLE	CICLE	CICLE	CICLE		
10:35-11:25	STUDIO 1	GIMNÀSTICA SUAU		BODYPUMP	O2 CROSSTRaining	ZUMBA		
10:35-11:25	STUDIO 2		YOGA	YOGA	HIPOPRESSIUS			
11:05-11:55	PISCINA	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS		
11:05-11:55	STUDIO 1						BODYPUMP	
11:05-11:55	CYCLING						CICLE	CICLE
11:35-11:55	FITNESS	ESTIRAMENTS	MILITARY	ESTIRAMENTS	BOSU	ESTIRAMENTS	ABD	FUNCTIONAL TRAINING
11:35-12:25	STUDIO 1	YOGA		GIMNÀSTICA SUAU		YOGA ADVANCED		
12:05-12:55	CYCLING	WELLNESS CYCLING		WELLNESS CYCLING			CICLE	WELLNESS CYCLING
12:05-12:55	PISCINA						AQUAWELLNESS	AQUAWELLNESS
13:35-14:25	STUDIO 1	PILATES ADVANCED		PILATES ADVANCED		BODYPUMP		
13:35-14:25	CYCLING		CICLE		CICLE			
13:35-14:25	PISCINA	AQUAWELLNESS	AQUAWELLNESS		AQUAWELLNESS			
14:35-15:25	STUDIO 1	BODYPUMP	O2 CROSSTRaining	BALLET FIT	BODY BALANCE	PILATES ADVANCED		
14:35-15:35	STUDIO 1	CICLE	WELLNESS CYCLING	CICLE	WELLNESS CYCLING		WELLNESS CYCLING	
15:05-15:25	FITNESS	ABD	ESTIRAMENTS	ABD	ESTIRAMENTS	ABD	MILITARY	
15:35-16:25	STUDIO 1		TBC	BODYPUMP	GAP	ZUMBA		
15:35-16:05	STUDIO 1	FAT BURNER						
15:35-16:25	STUDIO 2	YOGA ADVANCED			PILATES ADVANCED			
15:35-16:25	STUDIO 3					O2 CROSSTRaining		
15:35-16:25	CICLE	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING		
16:10-16:40	STUDIO 1	CORE						
17:05-17:55	STUDIO 1		BODYPUMP	GAP	BODYPUMP	BODYBALANCE		
17:00-17:30	STUDIO 1	O2 CROSSTRaining EXPRESS						
17:05-17:55	STUDIO 2		YOGA ADVANCED					
17:35-18:25	STUDIO 3			O2 CROSSTRaining	O2 CROSSTRaining			
17:35-18:25	STUDIO 1	PILATES						
17:35-18:05	CYCLING	CICLE EXPRES	CICLE EXPRES	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING		
18:05-18:25	FITNESS	ABD	ESTIRAMENTS	ABD	ESTIRAMENTS	ABD	ESTIRAMENTS	
18:05-18:55	STUDIO 2			PILATES				
18:35-19:25	STUDIO 1	ZUMBA	BODYBALANCE	BODYPUMP	TBC	BODYCOMBAT		
18:35-19:25	STUDIO 2	BALLET FIT			BODYBALANCE			
18:35-19:25	STUDIO 3	O2 CROSSTRaining	O2 CROSSTRaining			BOXING	WELLNESS CYCLING	
18:35-19:25	CYCLING	CICLE	CICLE	CICLE	CICLE	CICLE		
19:35-20:25	STUDIO 1	BODYPUMP	BODYCOMBAT	STEP	BODY ATTACK	GAP		
19:35-20:25	STUDIO 2	PILATES	GAP	YOGA	HIPOPRESSIUS			
19:35-20:25	STUDIO 3	BOXING		O2 CROSSTRaining				
19:35-20:25	CYCLING	CICLE	CICLE	CICLE	CICLE	CICLE		
19:35-20:25	PISCINA	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUACROSS TRAINING			
20:35-21:25	STUDIO 1	O2 CROSSTRaining	BODYPUMP	BODYCOMBAT	ZUMBA			
20:35-21:25	STUDIO 2	YOGA		PILATES				
20:35-21:25	STUDIO 3			BOXING	O2 CROSSTRaining			
20:35-21:25	CYCLING	CICLE	WELLNESS CYCLING	CICLE	WELLNESS CYCLING	WELLNESS CYCLING		
21:05-21:25	FITNESS	ESTIRAMENTS	ABD	MILITARY	ABD	ESTIRAMENTS		
21:25-22:30	CICLE	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING		

ACTIVITATS WELLNESS		Wellness TONIFICACIÓ	Intensitat
	COS	Wellness LÍNIA	Control de Pes
		Wellness RITME	Coreografia
	COS I MENT	Wellness EQUILIBRI	Relax



CENTRO OFICIAL
LESMILLS

