CLUB OFICIAL

LesMILLS

HORARIO DE ACTIVIDADES FEBRERO 2018

LUNES			
10:00	CICLO INDOOR	SALA 1	LAURA
10:00	BODYPUMP	SALA 2	JOAO
11:00	YOGA	SALA 2	DAVID.L
14:30	BODYPUMP	SALA 2	LAURA
14:30	CICLO INDOOR	SALA 1	JOAO
17:30	BODYCOMBAT	SALA 2	JOAO
18:30	BODYPUMP	SALA 2	LAURA
19:30	GAP/STEP	SALA 2	LAURA
19:30	CICLO INDOOR	SALA 1	JOAO
20:30	BODYBALANCE	SALA 1	JOAO

MARTES			
8:30	CICLO INDOOR	SALA 1	LAURA
10:00	gap	SALA 2	JOAO
11:00	PILATES	SALA 2	DAVID
14:30	BODYCOMBAT	SALA 2	JOAO
14:30	CICLO INDOOR	SALA1	LAURA
17:30	ZUMBA / Kids	SALA 2	LAURA
18:30	ATTACK	SALA 1	JOAO
19:30	CICLO INDOOR	SALA 1	JOAO
20:30	YOGA	SALA 2	DAVID.L

MIÉRCOLES			
10:00	CICLO INDOOR	SALA 1	JOAO
10:00	BODYPUMP	SALA 2	LAURA
11:00	BODYBALANCE	SALA 2	JOAO
14:30	GAP/STEP	SALA2	LAURA
14:30	CICLO INDOOR	SALA 1	JOAO
17:30	gap	SALA 2	JOAO
18:30	BODYPUMP	SALA 2	LAURA
18:30	CICLO INDOOR	SALA 1	JOAO
19:30	PILATES	SALA 2	DAVID
20:30	CICLO INDOOR	SALA 1	JOAO
20:30	BODYPUMP	SALA 2	LAURA

JUEVES			
8:30	CICLO INDOOR	SALA 1	LAURA
9:30	ESPALDA SANA	SALA 2	JOAO
10:30	BODYBALANCE	SALA 2	DAVID
11:30	YOGA	SALA 2	DAVID.L
14:30	BODYPUMP	SALA 2	JOAO
14:30	CICLO INDOOR	SALA 1	LAURA
17:30	ZUMBA / Kids	SALA 2	LAURA
18:30	YOGA	SALA 2	DAVID-L
19:30	ZUMBA	SALA 2	LAURA
19:30	CICLO INDOOR	SALA 1	JOAO
20:30	PILATES express	SALA 2	JOAO
21:00	BODYCOMBAT	SALA 2	JOAO

VIERNES			
9:30	GAP/STEP	SALA 2	LAURA
10:30	CICLO INDOOR	SALA 1	JOAO
11:15	PILATES	SALA 2	DAVID
14:30	CICLO INDOOR	SALA 1	JOAO
17:30	GAP/STEP	SALA2	LAURA
18:30	CICLO INDOOR	SALA 1	JOAO
18:30	BODYPUMP	SALA 2	LAURA
19:30	BODYBALANCE	SALA 2	JOAO

SABADO			
10:30	BODYPUMP	SALA 2	LAURA
11:30	ZUMBA / Kids	SALA 2	LAURA
12:30	CICLO INDOOR	SALA 1	LAURA