



2018

LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES				SABADO			
10:00	CICLO INDOOR	SALA 1	LAURA	8:30	CICLO INDOOR	SALA 1	LAURA	10:00	CICLO INDOOR	SALA 1	JOAO	8:30	CICLO INDOOR	SALA 1	LAURA	9:30	GAP/STEP	SALA 2	LAURA	10:30	BODYPUMP	SALA 2	LAURA
10:00	BODYPUMP	SALA 2	JOAO	10:00	gap	SALA 2	JOAO	10:00	BODYPUMP	SALA 2	LAURA	9:30	PILATES	SALA 2	JOAO	10:30	CICLO INDOOR	SALA 1	JOAO	11:30	ZUMBA / Kids	SALA 2	LAURA
11:00	YOGA	SALA 2	ISABEL	11:00	PILATES	SALA 2	DAVID	11:00	BODY BALANCE	SALA 2	JOAO	10:30	BODY BALANCE	SALA 2	DAVID	11:15	PILATES	SALA 2	DAVID	12:30	CICLO INDOOR	SALA 1	LAURA
14:30	BODYPUMP	SALA 2	LAURA	14:30	BODYCOMBAT	SALA 2	JOAO	14:30	GAP/STEP	SALA2	LAURA	11:30	YOGA	SALA 2	ISABEL	14:30	BODY BALANCE	SALA 1	JOAO	CLUB OFICIAL LES MILLS			
14:30	CICLO INDOOR	SALA 1	JOAO	14:30	CICLO INDOOR	SALA1	LAURA	14:30	CICLO INDOOR	SALA 1	JOAO	14:30	BODYPUMP	SALA 2	JOAO	14:30	CICLO INDOOR	SALA 1	DAVID				
17:30	BODYCOMBAT	SALA 2	JOAO	17:30	ZUMBA / Kids	SALA 2	LAURA	17:30	gap	SALA 2	JOAO	14:30	CICLO INDOOR	SALA 1	LAURA	17:30	GAP/STEP	SALA2	LAURA				
18:30	BODYPUMP	SALA 2	LAURA	18:30	BODYCOMBAT	SALA 1	JOAO	18:30	BODYPUMP	SALA 2	LAURA	17:30	ZUMBA / Kids	SALA 2	LAURA	18:30	CICLO INDOOR	SALA 1	JOAO				
19:30	GAP/STEP	SALA2	LAURA	19:30	CICLO INDOOR	SALA 1	JOAO	18:30	CICLO INDOOR	SALA 1	JOAO	18:30	YOGA	SALA 2	ISABEL	18:30	BODYPUMP	SALA 2	LAURA				
19:30	CICLO INDOOR	SALA 1	JOAO	19:30	BODYPUMP	SALA 2	DAVID	19:30	PILATES	SALA 2	JOAO	19:30	ZUMBA	SALA 2	LAURA	19:30	BODY BALANCE	SALA 2	JOAO				
20:30	BODY BALANCE	SALA 1	JOAO	20:30	YOGA	SALA 2	ISABEL	20:30	CICLO INDOOR	SALA 1	JOAO	19:30	CICLO INDOOR	SALA 1	JOAO								
								20:30	BODYPUMP	SALA 2	LAURA	20:30	PILATES	SALA 2	JOAO								

CLUB OFICIAL
LES MILLS