



LUNES				MARTES			MIÉRCOLES				JUEVES			VIERNES			SABADO						
9:30	BODYPUMP	SALA 1	JOAO	8:30	CICLO INDOOR	SALA 1	LAURA	8:00 - 9:15	YOGA DYNAMIC	SALA 2	ISABEL	8:30	CICLO INDOOR	SALA 1	LAURA	9:30	GAP/STEP	SALA 2	LAURA	10:30	BODYPUMP	SALA 2	LAURA
10:30	CICLO INDOOR	SALA 2	LAURA	10:00	gap	SALA 2	JOAO	9:30	BODYPUMP	SALA 1	LAURA	9:30	PILATES	SALA 2	JOAO	10:30	CICLO INDOOR	SALA 1	JOAO	11:30	ZUMBA / Kids	SALA 2	LAURA
11:30 - 13:00	YOGA	SALA 2	ISABEL	11:00	PILATES	SALA 2	DAVID	10:30	CICLO INDOOR	SALA 2	JOAO	10:30	BODY BALANCE	SALA 2	DAVID	11:15	PILATES	SALA 2	DAVID	12:30	CICLO INDOOR	SALA 1	LAURA
13:15	CLUBWELL	UCJC	DINARA	12:30	ZUMBA / Kids	SEK	1ºBACH	11:30 - 13:00	YOGA	SALA 2	ISABEL	11:30	ZUMBA / Kids	SEK	4º ESO	14:30	BODY BALANCE	SALA 2	JOAO				
14:30	BODYPUMP	SALA 2	LAURA	13:15	CLUBWELL	UCJC	K.TRUZMAN	14:30	GAP/STEP	SALA 2	LAURA	12:30	ZUMBA / Kids	SEK	2º ESO	14:30	CICLO INDOOR	SALA 1	DAVID				
14:30	CICLO INDOOR	SALA 1	JOAO	14:30	BODYCOMBAT	SALA 2	JOAO	14:30	CICLO INDOOR	SALA 1	JOAO	14:30	BODYPUMP	SALA 2	JOAO	16:20	ZUMBA / Kids	SEK	2º ESO				
17:30	BODYCOMBAT	SALA 2	JOAO	14:30	CICLO INDOOR	SALA1	LAURA	15:30	ZUMBA / Kids	SEK	1ºBACH	14:30	CICLO INDOOR	SALA 1	LAURA	17:30	GAP/STEP	SALA2	LAURA				
18:30	BODYPUMP	SALA 2	LAURA	16:20	ZUMBA / Kids	SEK	4º ESO	17:30	gap	SALA 2	JOAO	17:30	BODY BALANCE	SALA 2	LAURA	18:30	CICLO INDOOR	SALA 1	JOAO				
19:30	GAP/STEP	SALA2	LAURA	17:30	ZUMBA / Kids	SALA 2	LAURA	18:30	BODYPUMP	SALA 2	LAURA	18:30	MMA - MIXED MARTIAL ARTS	SALA 2	JOAO	18:30	BODYPUMP	SALA 2	LAURA				
19:30	CICLO INDOOR	SALA 1	JOAO	18:30	BODYCOMBAT	SALA 2	JOAO	18:30	CICLO INDOOR	SALA 1	JOAO	19:30	ZUMBA	SALA 2	LAURA	19:30	BODY BALANCE	SALA 2	JOAO				
20:30	PILATES	SALA 2	JOAO	19:30	CICLO INDOOR	SALA 1	JOAO	19:30	PILATES	SALA 2	JOAO	19:30	CICLO INDOOR	SALA 1	JOAO								
				19:30	BODYPUMP	SALA 2	DAVID	20:30	CICLO INDOOR	SALA 1	JOAO	20:30 - 21:45	YOGA	SALA 2	ISABEL								
				20:30 - 21:45	YOGA	SALA 2	ISABEL	20:30	BODYPUMP	SALA 2	LAURA												

CLUB OFICIAL
LES MILLS

UCJC
SPORTS CLUB