

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:45-07:10	FITNESS	METABOLIC2	AGILITY	CORE	MILITARY	TÁBATA		
07:10-08:00	STUDIO 1		BODY PUMP					
07:10-07:35	STUDIO 1				BODY PUMP EXPRESS			
07:10-07:35	PISCINA		AQUATÁBATA		AQUATÁBATA			
07:10-08:00	STUDIO 3	PILATES		BODY BALANCE		PILATES		
07:10-08:00	CICLO	CICLO		CICLO		CICLO		
07:35-08:00	STUDIO 1				CXWORX 30			
07:40-08:00	PISCINA	WATER TRAINING						
08:00-08:20	PISCINA			AQUACIRCUIT		WATER TRAINING		
08:30-09:00	STUDIO 1					CXWORX 30		
08:30-09:20	STUDIO 1	BODY PUMP	GAP	TBC	BODY PUMP			
08:30-09:20	CICLO				CICLO			
09:00-09:30	STUDIO 3	TRX		TRX		TRX		
09:00-09:50	PISCINA		AQUAWELLNESS		AQUAWELLNESS			
09:30-09:50	FITNESS	ABD		GLÚTEO2		CORE		
09:30-10:20	STUDIO 1	DANCE	BODY COMBAT	BODY ATTACK	BOSU-FITBALL	STEP		
09:30-10:20	STUDIO 2		BODY BALANCE					
09:30-10:20	STUDIO 3		TAICHI	DANCE	TAICHI			
09:30-10:20	PISCINA	AQUAWELLNESS		AQUAWELLNESS		AQUAWELLNESS		
09:30-10:20	CICLO	CICLO	CICLO	CICLO		CICLO		
09:30-10:00	STUDIO 2				BODY ATTACK EXPRESS			
10:00-10:30	STUDIO 2	ESCUELA DE ESPALDA		ESCUELA DE ESPALDA	CXWORX 30			
10:00-10:20	FITNESS				ABD			
10:30-10:50	FITNESS				FUNCTIONAL TRAINING			
10:30-11:00	STUDIO 2	BODY COMBAT EXPRESS	CXWORX 30					
10:30-11:20	STUDIO 1	BODY PUMP	YOGA	GAP	YOGA	BODY PUMP		
10:30-11:20	STUDIO 2			PILATES ADVANCED	BALLET FIT	BODY BALANCE		
10:30-11:20	STUDIO 3	PILATES	STEP	PILATES	TBC	ESTIRAMIENTOS		
10:30-11:20	PISCINA						AQUAWELLNESS	
11:00-11:30	STUDIO 2	ESTIRAMIENTOS						
11:00-11:30	FITNESS		PLIOMETRÍA					
11:00-11:50	STUDIO 1					BALLET FIT	BODY PUMP	
11:00-11:50	STUDIO 3						BODY COMBAT	
11:00-11:50	PISCINA	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS		
11:30-12:00	STUDIO 2		ESCUELA DE ESPALDA		ESCUELA DE ESPALDA			
11:30-12:00	STUDIO 1			GINNASIA SUAVE				
11:30-11:50	FITNESS					ABD	ABD	
11:30-12:20	STUDIO 1	GINNASIA SUAVE	ZUMBA		ZUMBA	ZUMBA		
11:30-12:20	STUDIO 2	DANZA ORIENTAL		DANZA ORIENTAL		DANZA ORIENTAL		
11:30-12:20	STUDIO 3		YOGA	DANCE-LATINO	YOGA			
12:00-12:30	STUDIO 1			ESTIRAMIENTOS				
12:00-12:50	PISCINA	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS			
12:00-12:50	STUDIO 1					ZUMBA	ZUMBA	
12:00-12:50	STUDIO 3						BODY BALANCE	
12:00-12:50	CICLO		CICLO			CICLO	CICLO	
12:00-12:50	FITNESS			O2 CROSSTRAINING				
12:30-12:50	FITNESS				CORE			
13:00-13:50	STUDIO 1					BODY PUMP		
13:00-13:50	STUDIO 2					DANZA AFRICANA		
14:30-15:00	STUDIO 1					BODY ATTACK EXPRESS		
14:30-15:20	STUDIO 1	TBC	BODY PUMP	ZUMBA	BODY PUMP			
14:30-15:20	STUDIO 2				BODY COMBAT			
14:30-15:20	STUDIO 3		PILATES		PILATES			
14:30-15:20	CICLO	CICLO		CICLO		CICLO		
14:30-15:20	PISCINA	AQUAWELLNESS		AQUAWELLNESS				
14:30-15:20	FITNESS			O2 CROSSTRAINING				
14:30-14:50	PISCINA		WATER TRAINING		AQUATÁBATA	AQUACIRCUIT		
15:00-15:30	STUDIO 1					CXWORX 30		
17:30-18:00	STUDIO 1				BODY ATTACK EXPRESS			
17:30-18:20	STUDIO 1	ZUMBA	BODY BALANCE	BODY PUMP		GAP		
17:30-18:20	STUDIO 3	PILATES	TAICHI	GAP	YOGA			
18:00-18:20	FITNESS			ABD		FUNCTIONAL TRAINING		
18:00-18:30	CICLO		CICLO EXPRES		CICLO EXPRES			
18:00-18:50	STUDIO 1				BODY PUMP			
18:30-19:00	STUDIO 3	TRX	BODY ATTACK EXPRESS		TRX			
18:30-19:20	STUDIO 1	BODY PUMP	DANCE	BODY COMBAT		ZUMBA		
18:30-19:20	STUDIO 2		BOSU-FITBALL		TBC			
18:30-19:20	STUDIO 3			BOXING				
18:30-19:20	CICLO			CICLO		CICLO		
19:00-19:20	FITNESS		MILITARY				ABD	ABD
19:00-19:30	STUDIO 2	ESCUELA DE ESPALDA						
19:00-19:50	STUDIO 1				ZUMBA			
19:00-19:50	STUDIO 2			DANZA ORIENTAL				
19:00-19:50	STUDIO 3	PILATES			BODY BALANCE	PILATES		
19:00-19:30	STUDIO 3		BODY COMBAT EXPRESS					
19:00-19:50	OUTDOOR	CLUB DE CORREDORES		CLUB DE CORREDORES				
19:30-20:00	STUDIO 1	CXWORX 30						
19:30-20:00	STUDIO 2				CXWORX 30			
19:30-20:00	STUDIO 3		TRX					
19:30-20:20	STUDIO 1		TBC	BODY PUMP		BODY ATTACK		
19:30-20:20	STUDIO 2	GAP	DANZA AFRICANA			BALLET FIT		
19:30-20:20	STUDIO 3			PILATES				
19:30-20:20	CICLO		CICLO		CICLO			
20:00-20:20	FITNESS	RADICAL EXTREME				O2 CROSSTRAINING		
20:00-20:30	STUDIO 2			CXWORX 30				
20:00-20:50	STUDIO 1	BODY ATTACK						
20:00-20:50	STUDIO 2				BODY COMBAT			
20:00-20:50	STUDIO 3	BOXING	PILATES		DANCE-LATINO			
20:00-20:50	STUDIO 3	CICLO		CICLO	PILATES	YOGA		
20:00-20:50	CICLO					CICLO		
20:00-20:50	PISCINA		AQUAWELLNESS		AQUAWELLNESS			
20:30-20:50	FITNESS				TÁBATA			
20:30-21:00	STUDIO 3			TRX				
20:30-21:20	STUDIO 1		BODY PUMP	BOSU-FITBALL		BODY PUMP		
20:30-21:20	STUDIO 2	DANCE-LATINO	BALLET FIT	STEP				
20:30-21:20	PISCINA	AQUAWELLNESS		AQUAWELLNESS				
21:00-21:20	FITNESS		MILITARY					
21:00-21:20	PISCINA		AQUATÁBATA		WATER TRAINING	AQUACIRCUIT		
21:00-21:50	STUDIO 1	BODY PUMP			BODY PUMP			
21:00-21:50	STUDIO 3	BODY COMBAT		YOGA				
21:00-21:50	CICLO		CICLO		CICLO			
21:30-21:50	FITNESS				MILITARY			
21:30-22:20	STUDIO 1		ZUMBA	ZUMBA				
21:30-22:20	STUDIO 2	BODY BALANCE						

Es imprescindible respetar el horario de las clases. No se permitirá la entrada a la sala una vez transcurridos 15 minutos del inicio de las mismas.

O2 Centro Wellness se reserva el derecho de realizar cambios y anulaciones por mejoras y calidad del servicio. Aforo mínimo: 4 personas.

Wellness TONO	Intensidad
Wellness LÍNEA	Control de peso
Wellness RITMO	Coreografía
Wellness EQUILIBRIO	Relax

CENTRO OFICIAL
LESMILLS

