

PROGRAMA DE ACTIVIDADES DIRIGIDAS

Válido desde el 11 de febrero de 2019

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
06:45-07:10	FITNESS	METABOLICO2	AGILITY	CORE	MILITARY	TÁBATA		
07:10-08:00	STUDIO 1		BODYPUMP					
07:10-07:35	STUDIO 1				BODYPUMP EXPRESS			
07:10-07:35	PISCINA		AQUATÁBATA		AQUATÁBATA			
07:10-08:00	STUDIO 3	PILATES		BODYBALANCE		PILATES		
07:10-08:00	CICLO	CICLO		CICLO		CICLO		
07:35-08:00	STUDIO 1				CXWORX 30			
08:00-08:20	PISCINA	AQUACIRCUIT		AQUACIRCUIT		AQUACIRCUIT		
08:30-09:00	STUDIO 4			INDOORWALKING		INDOORWALKING		
08:30-09:20	STUDIO 1	BODYPUMP	GAP	TBC	BODYPUMP			
08:30-09:20	CICLO				CICLO			
09:00-09:30	STUDIO 3	TRX		TRX		TRX		
09:00-09:50	PISCINA	ABD	AQUAWELLNESS	GLÚTEO2	AQUAWELLNESS			
09:30-09:50	FITNESS	DANCE	BODYCOMBAT	BODYATTACK	BOSU-FITBALL	ABD		
09:30-10:20	STUDIO 1		BODYBALANCE			STEP		
09:30-10:20	STUDIO 2		TAI CHI	DANCE	TAI CHI			
09:30-10:20	PISCINA	AQUAWELLNESS		AQUAWELLNESS		AQUAWELLNESS		
09:30-10:20	CICLO	CICLO		CICLO		CICLO		
09:30-10:00	STUDIO 4				INDOORWALKING			
10:00-10:30	STUDIO 2	ESCUELA DE ESPALDA		ESCUELA DE ESPALDA	CXWORX 30			
10:00-10:30	STUDIO 4		INDOORWALKING			INDOORWALKING		
10:00-10:30	PISCINA		O2 WATER CORE					
10:00-10:20	FITNESS				O2 WATER CORE			
10:30-10:50	FITNESS				ABD			
10:30-11:00	STUDIO 2	BODYCOMBAT EXPRESS	CXWORX 30		FUNCTIONAL TRAINING			
10:30-11:00	STUDIO 4			INDOORWALKING				
10:30-11:00	PISCINA	O2 WATER CORE	O2 WATER BALANCE		O2 WATER BALANCE			
10:30-11:20	STUDIO 1	BODYPUMP	YOGA	GAP	YOGA	BODYPUMP		
10:30-11:20	STUDIO 2			PILATES ADVANCED	BALLET FIT	BODYBALANCE		
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	BODYPUMP
11:00-11:50	STUDIO 2							DANZA AFRICANA
11:00-11:50	STUDIO 3							BODYCOMBAT
11:00-11:50	PISCINA	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS		
11:30-12:00	STUDIO 1			GINNASIA SUAVE				
11:30-12:00	STUDIO 2		ESCUELA DE ESPALDA		ESCUELA DE ESPALDA			
11:30-12:00	STUDIO 4	INDOORWALKING			INDOORWALKING			
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			
12:00-12:30	PISCINA					O2 WATER CORE		
12:00-12:30	STUDIO 4		INDOORWALKING					
12:00-12:50	STUDIO 1						ZUMBA	ZUMBA
12:00-12:50	STUDIO 3						CICLO	BODYBALANCE
12:00-12:50	CICLO							CICLO
12:00-12:30	FITNESS	OCTAGON TRAINING		OCTAGON TRAINING				
12:30-12:50	FITNESS				ABD			
12:30-13:00	PISCINA					O2 WATER BALANCE		
13:00-13:50	STUDIO 1						BODYPUMP	
14:00-14:30	STUDIO 4		INDOORWALKING					
14:30-15:00	PISCINA					O2 WATER CORE		
14:30-15:20	STUDIO 1	TBC	BODYPUMP	ZUMBA	BODYPUMP			
14:30-15:20	STUDIO 2				BODYCOMBAT			
14:30-15:20	STUDIO 3		PILATES		PILATES			
14:30-15:20	CICLO					CICLO		
14:30-15:20	PISCINA	AQUAWELLNESS		AQUAWELLNESS				
14:30-15:20	FITNESS			OCTAGON TRAINING		OCTAGON TRAINING		
15:00-15:30	PISCINA					O2 WATER BALANCE		
17:00-17:30	STUDIO 2			ESCUELA DE ESPALDA				
17:00-17:30	STUDIO 4			INDOORWALKING				
17:00-17:50	STUDIO 1					GAP		
17:30-18:00	STUDIO 1				BODYATTACK EXPRESS			
17:30-18:20	STUDIO 1	ZUMBA	BODYBALANCE	BODYPUMP				
17:30-18:20	STUDIO 3	PILATES	TAI CHI	GAP	YOGA			
18:00-18:20	FITNESS			ABD		FUNCTIONAL TRAINING		
18:00-18:30	STUDIO 4		INDOORWALKING			INDOORWALKING		
18:00-18:30	PISCINA					O2 WATER CORE		
18:00-18:50	STUDIO 1		BODYATTACK EXPRESS			BODYPUMP		ZUMBA
18:30-19:00	STUDIO 1							
18:30-19:00	STUDIO 3	TRX			TRX			
18:30-19:00	PISCINA				O2 WATER BALANCE			
18:30-19:20	STUDIO 1	BODYPUMP		BODYCOMBAT				
18:30-19:20	STUDIO 2		BOSU-FITBALL			TBC		
18:30-19:20	STUDIO 3		DANCE	BOXING				
18:30-19:20	CICLO			CICLO				
19:00-19:20	FITNESS		MILITARY				ABD	ABD
19:00-19:30	STUDIO 1		BODYCOMBAT EXPRESS					
19:00-19:30	STUDIO 2	ESCUELA DE ESPALDA						
19:00-19:30	STUDIO 4				INDOORWALKING			
19:00-19:30	PISCINA					ZUMBA		O2 WATER CORE
19:00-19:50	STUDIO 1				ZUMBA	BODYATTACK		
19:00-19:50	STUDIO 2			DANZA ORIENTAL				
19:00-19:50	STUDIO 3	PILATES			BODYBALANCE	PILATES		
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							
19:30-20:00	STUDIO 3		TRX			CXWORX 30		
19:30-20:00	STUDIO 4	INDOORWALKING						
19:30-20:00	PISCINA	O2 WATER BALANCE	O2 WATER CORE				O2 WATER BALANCE	
19:30-20:20	STUDIO 1		TBC	BODYPUMP				
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		
19:30-20:20	FITNESS	RADICAL EXTREME					OCTAGON TRAINING	
20:00-20:30	STUDIO 2			CXWORX 30				
20:00-20:30	STUDIO 4			INDOORWALKING				
20:00-20:50	STUDIO 1	BODY ATTACK				BODYCOMBAT	BODYPUMP	
20:00-20:50	STUDIO 2					DANCE-LATINO		
20:00-20:50	STUDIO 3	BOXING	PILATES		PILATES	YOGA		
20:00-20:50	CICLO			CICLO		CICLO		
20:00-20:50	PISCINA		AQUAWELLNESS		AQUAWELLNESS			
20:30-21:00	STUDIO 4		INDOORWALKING					
20:30-21:00	FITNESS					TÁBATA		
20:30-21:00	STUDIO 3			TRX				
20:30-21:20	STUDIO 1		BODYPUMP	BOSU-FITBALL				
20:30-21:20	STUDIO 2	DANCE-LATINO	BALLET FIT	STEP				
20:30-21:20	STUDIO 3		AQUAWELLNESS	AQUAWELLNESS				
20:30-21:20	PISCINA							
21:00-21:30	STUDIO 4		INDOORWALKING			INDOORWALKING		
21:00-21:30	FITNESS		MILITARY					
21:00-21:50	STUDIO 1	BODYPUMP			BODYPUMP			
21:00-21:50	STUDIO 3	BODYCOMBAT		YOGA				
21:00-21:50	CICLO		CICLO			CICLO		
21:30-22:00	STUDIO 4			INDOORWALKING				
21:30-22:20	STUDIO 1		ZUMBA	ZUMBA				
21:30-22:20	STUDIO 2	BODYBALANCE						

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
LES MILLS

