

HORARIO	SALA	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
07:05-07:55	CICLO	WELLNESS CYCLING		WELLNESS CYCLING	WELLNESS CYCLING			
07:35-08:25	FITNESS	CIRCUIT TRAINING			CIRCUIT TRAINING			
07:35-08:25	CICLO		CICLO			CICLO		
07:35-07:55	PISCINA	WATER TRAINING	WATER TRAINING	WATER TRAINING	WATER TRAINING	WATER TRAINING		
07:35-08:25	STUDIO 1			BODY PUMP				
09:05-09:55	CICLO	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING
09:05-09:25	STUDIO 1			GAP				
09:05-09:55	STUDIO 2	GIMNASIA SUAVE	GIMNASIA SUAVE		GIMNASIA SUAVE	GIMNASIA SUAVE		
09:05-09:25	FITNESS		GLÚTEO2			GLÚTEO2	ABD	
09:05-09:55	STUDIO 1	STEP			AEROBIC			
09:05-09:55	STUDIO 3		PILATES		PILATES	YOGA		
09:05-09:55	PISCINA INF.			AI CHI				
09:05-09:55	PISCINA		AQUAWELLNESS		AQUAWELLNESS			
09:30-10:00	STUDIO 1			ESTIRAMIENTOS				
09:30-10:00	STUDIO 1					BODY PUMP EXPRESS		
09:35-10:25	STUDIO 1		ZUMBA					
09:35-10:25	STUDIO 3	YIN YOGA		YOGA				
10:00-10:30	STUDIO 1					BODY COMBAT EXPRESS		
10:05-10:55	PISCINA INF.					AQUAYOGA		
10:05-10:55	CICLO	CICLO	CICLO	CICLO	CICLO	CICLO	WELLNESS CYCLING	WELLNESS CYCLING
10:05-10:55	PISCINA	AQUAWELLNESS		AQUAWELLNESS		AQUAWELLNESS	AQUAWELLNESS	
10:05-10:25	FITNESS						GLÚTEO2	FAT BURNER
10:05-10:55	STUDIO 1	ZUMBA		GIMNASIA SUAVE	ZUMBA		ZUMBA	
10:05-10:55	STUDIO 2	GIMNASIA SUAVE	ESTIRAMIENTOS	BODY COMBAT	BODY BALANCE	ESTIRAMIENTOS	PILATES	
10:05-10:55	STUDIO 3		TAI CHI		TAI CHI			
10:30-11:00	STUDIO 1		CXWORX 30			LES MILLS		
10:35-11:25	STUDIO 3	YIN YOGA		YOGA				
11:00-11:30	STUDIO 2					BODY BALANCE EXPRESS		
11:05-11:55	CICLO	WELLNESS CYCLING		WELLNESS CYCLING		WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING
11:05-11:25	PILATES			HIPOPRESIVOS				
11:05-11:25	FITNESS							ABD
11:05-11:30	STUDIO 3		FITBALL		FITBALL			
11:05-11:55	PISCINA	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS	AQUAWELLNESS		
11:05-11:55	STUDIO 1	BODY PUMP	BODY ATTACK	BODY PUMP	BODY PUMP	DANCE	BODY PUMP	
11:05-11:55	STUDIO 2		BAILE LATINO	BOXING	BAILE LATINO			
12:05-12:30	PISCINA INF.			AQUARELAX		AQUARELAX		
12:05-12:45	PISCINA INF.		AQUARELAX		AQUARELAX			
11:35-11:55	FITNESS							FUNCTIONAL TRAINING 360
11:35-12:25	STUDIO 3		BALLET FIT		BALLET FIT			
12:05-12:25	FITNESS				O2 CROSSTRAINING EXPRESS			
12:05-12:55	STUDIO 2	PILATES		PILATES		PILATES		
12:05-12:55	CICLO		WELLNESS CYCLING		WELLNESS CYCLING		CICLO	
13:05-13:55	CICLO	WELLNESS CYCLING		WELLNESS CYCLING		WELLNESS CYCLING		
13:35-13:50	PISCINA		AQUARUNNING		AQUARUNNING		AQUARUNNING	
13:35-13:55	FITNESS	HIPOPRESIVOS						
14:05-14:25	STUDIO 1	ABD			CXWORX 30	ABD		
14:05-14:25	PISCINA					WATER TRAINING		
14:10-15:00	CICLO	CICLO	CICLO	CICLO				
14:35-15:25	STUDIO 2	PILATES	ZUMBA	PILATES	BODY BALANCE	ZUMBA		
14:35-15:25	CICLO				CICLO	CICLO		
14:35-15:25	PISCINA	AQUAWELLNESS ADVANCED		AQUACROSSTRAINING	AQUAWELLNESS ADVANCED			
14:35-15:25	STUDIO 1	BODY PUMP	O2 CROSSTRAINING	BODY PUMP	O2 CROSSTRAINING	BODY PUMP		
15:10-16:00	CICLO	CICLO	CICLO	CICLO				
15:30-16:00	STUDIO 1		CXWORX 30		CXWORX 30			
15:35-15:55	STUDIO 1	GLÚTEO2		GLÚTEO2				
16:05-16:55	STUDIO 1		BODY PUMP		BODY PUMP			
16:35-16:55	PISCINA						SWIMFAMILY	
17:05-17:55	STUDIO 2	GIMNASIA SUAVE		GIMNASIA SUAVE		GIMNASIA SUAVE		
17:05-17:55	CICLO	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	
17:05-17:55	STUDIO 1	ZUMBA		O2 CROSSTRAINING	ZUMBA	ZUMBA		
17:05-17:25	STUDIO 3		HIPOPRESIVOS		HIPOPRESIVOS			
17:35-17:55	STUDIO 3		FITBALL		FITBALL			
18:05-18:25	STUDIO 2		ESTIRAMIENTOS		ESTIRAMIENTOS			
18:05-18:55	STUDIO 1	AEROLATINO	AEROBIC	ZUMBA	O2 CROSSTRAINING	AEROLATINO		
18:05-18:55	STUDIO 2			KIDS DANCE **		BODY BALANCE		
18:05-18:55	STUDIO 3	YIN YOGA	TAI CHI	YOGA	TAI CHI ADVANCED	YOGA ADVANCED		
18:05-18:55	CICLO	CICLO	WELLNESS CYCLING	CICLO	WELLNESS CYCLING	WELLNESS CYCLING	WELLNESS CYCLING	
18:30-19:00	STUDIO 2		CXWORX 30		CXWORX 30			
19:05-19:55	STUDIO 3		BALLET FIT		BALLET FIT			
19:05-19:55	STUDIO 1	BODY PUMP	BODY ATTACK	BODY PUMP	BODY COMBAT	DANCE		
19:05-19:55	STUDIO 2	BOXING	PILATES	AEROLATINO	PILATES	PILATES		
19:05-19:55	STUDIO 3	TAI CHI		QI-QONG				
19:05-19:55	CICLO	CICLO	CICLO	CICLO	CICLO	CICLO	WELLNESS CYCLING	
19:05-19:55	PISCINA		AQUACROSSTRAINING			AQUACROSSTRAINING		
19:05-19:55	OUTDOOR		CLUB DE CORREDORES		CLUB DE CORREDORES			
19:35-20:25	PISCINA			AQUAWELLNESS ADVANCED				
20:05-20:55	PISCINA	AQUAWELLNESS ADVANCED	AQUAWELLNESS ADVANCED		AQUAWELLNESS ADVANCED	AQUAWELLNESS ADVANCED		
20:05-20:55	STUDIO 1	BODY COMBAT	BODY PUMP	BODY ATTACK	BODY PUMP	BODY PUMP		
20:05-20:55	STUDIO 2	BODY BALANCE	ZUMBA	BODY BALANCE	BOXING			
20:05-20:55	STUDIO 3	YIN YOGA		YOGA				
20:05-20:55	CICLO	CICLO	CICLO	CICLO		CICLO		
20:15-22:30	PISCINA AD.					TRIATLÓN ADULTOS *		
21:05-21:55	STUDIO 1	BODY PUMP	O2 CROSSTRAINING	BODY COMBAT	O2 CROSSTRAINING			
21:05-21:55	STUDIO 2	PILATES		ZUMBA				
21:05-21:55	STUDIO 3			PILATES				
21:05-21:55	CICLO	WELLNESS CYCLING	CICLO	WELLNESS CYCLING	CICLO			
21:05-21:30	STUDIO 2		GAP					
21:15-22:30	PISCINA AD.	TRIATLÓN ADULTOS *	TRIATLÓN ADULTOS *	TRIATLÓN ADULTOS *	TRIATLÓN ADULTOS *			
21:35-22:55	STUDIO 2		BAILE LATINO		BAILE LATINO			

* Actividades de Pago. ** Actividad de Pago disponible a partir de octubre.
Pregunta por nuestras Actividades Lúdicas para niños.

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

O2 Centro Wellness se reserva el derecho de realizar cambios y anulaciones por mejoras y calidad del servicio. Aforo mínimo: 3 personas.

CENTRO OFICIAL
LES MILLS

