



HORARIO DE ACTIVIDADES SEPT 24 - MAYO 25

Logroño

LUNES

Actividad	🕒	📍
8:15		
9:00	BODY PUMP 45 min 1	
9:00		
9:45	GAP 45 min 1	
9:45	CORE 15 min BOX	
10:30	CICLO INDOOR 45 min 3	
10:30	ZUMBA 45 min 1	
10:30	CORE 15 min BOX	
11:15	YOGA 45 min 1	
11:15		
14:30	CICLO INDOOR 45 min 3	
15:15	CORE 15 min 1	
17:30	GAP 45 min 1	
18:15	CICLO INDOOR 45 min 3	
18:15	PILATES 45 min 1	
19:00	CICLO INDOOR 45 min 3	
19:00	BODY COMBAT 45 min 1	
19:00	CORE 15 min BOX	
19:45	ZUMBA 45 min 1	
19:45	CICLO INDOOR 45 min 3	
19:45	CORE 15 min BOX	
20:30	CROSS TRAINING 45 min BOX	
20:30	BODY PUMP 45 min 1	
20:30		
21:15	CORE 15 min BOX	

MARTES

Actividad	🕒	📍
8:15	YOGA 45 min 1	
9:00	PILATES 45 min 1	
9:00	CICLO INDOOR 45 min 3	
9:45	PILATES 45 min 1	
9:45	CROSS TRAINING 45 min BOX	
10:30	BODY PUMP 45 min 1	
10:30	CORE 15 min BOX	
10:30		
11:15	ZUMBA 45 min 1	
11:15	CORE 15 min BOX	
14:30	BODY PUMP 45 min 1	
15:15	CORE 15 min 1	
17:30	YOGA 45 min 1	
18:15	CROSS TRAINING 45 min 3	
18:15	PILATES 45 min 1	
19:00	CICLO INDOOR 45 min 3	
19:00	ZUMBA 45 min 1	
19:00	CORE 15 min BOX	
19:45	CICLO INDOOR 45 min 3	
19:45	BODY PUMP 45 min 1	
19:45	CORE 15 min BOX	
20:30	CICLO INDOOR 45 min 3	
20:30	GAP 45 min 1	
20:30	CORE 15 min BOX	
21:15	CORE 15 min BOX	

MIÉRCOLES

Actividad	🕒	📍
8:15		
9:00	BODY PUMP 45 min 1	
9:00		
9:45	GAP 45 min 1	
9:45	CORE 15 min BOX	
10:30	CICLO INDOOR 45 min 3	
10:30	ZUMBA 45 min 1	
10:30	CORE 15 min BOX	
11:15	YOGA 45 min 1	
11:15		
14:30	CICLO INDOOR 45 min 3	
15:15	CORE 15 min 1	
17:30	GAP 45 min 1	
18:15	CICLO INDOOR 45 min 3	
18:15	PILATES 45 min 1	
19:00	CICLO INDOOR 45 min 3	
19:00	BODY COMBAT 45 min 1	
19:00	CORE 15 min BOX	
19:45	ZUMBA 45 min 1	
19:45	CICLO INDOOR 45 min 3	
19:45	CORE 15 min BOX	
20:30	CROSS TRAINING 45 min BOX	
20:30	BODY PUMP 45 min 1	
20:30		
21:15	CORE 15 min BOX	

JUEVES

Actividad	🕒	📍
8:15	YOGA 45 min 1	
9:00	PILATES 45 min 1	
9:00	CICLO INDOOR 45 min 3	
9:45	PILATES 45 min 1	
9:45	CROSS TRAINING 45 min BOX	
10:30	BODY PUMP 45 min 1	
10:30	CORE 15 min BOX	
10:30		
11:15	ZUMBA 45 min 1	
11:15	CORE 15 min BOX	
14:30	CROSS TRAINING 45 min BOX	
15:15	CORE 15 min BOX	
17:30	YOGA 45 min 1	
18:15	CROSS TRAINING 45 min 3	
18:15	PILATES 45 min 1	
19:00	CICLO INDOOR 45 min 3	
19:00	ZUMBA 45 min 1	
19:00	CORE 15 min BOX	
19:45	CICLO INDOOR 45 min 3	
19:45	BODY PUMP 45 min 1	
19:45	CORE 15 min BOX	
20:30	CICLO INDOOR 45 min 3	
20:30	GAP 45 min 1	
20:30	CORE 15 min BOX	
21:15	CORE 15 min BOX	

VIERNES

Actividad	🕒	📍
9:00	CICLO INDOOR 45 min 3	
9:45	GAP 45 min 1	
10:30	BODY PUMP 45 min 1	
11:15	CORE 15 min BOX	
18:15	CICLO INDOOR 45 min 3	
19:00	BODY PUMP 45 min 1	
19:45	CORE 15 min BOX	

SÁBADO

Actividad	🕒	📍
9:45	CICLO INDOOR 45 min 3	
10:30	BODY PUMP 45 min 1	

LesMILLS

LesMILLS BODYATTACK

LesMILLS BODYBALANCE

LesMILLS BODYPUMP

LesMILLS BODYCOMBAT

