

ACTIVITATS DIRIGIDES



CLUB OFICIAL
LES MILLS

	DILLUNS			DIMARTS			DIMECRES			DIJOUS			DIVENDRES			DISSABTE		DIUMENGE		
	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	GYM	SALA 1	SALA 2	SALA 1	SALA 2	
8:30 9:20	YOGA HATHA	LesMILLS BODYPUMP			LesMILLS BODYBALANCE	GRIT 30'	YOGA INTEGRAL	LesMILLS BODYPUMP			LesMILLS BODYBALANCE	GRIT 30'	YOGA HATHA	LesMILLS BODYBALANCE						8:30 9:20
9:30 10:20	CYCLING	LesMILLS BODYBALANCE		ZUMBA	LesMILLS BODYPUMP		CYCLING	LesMILLS BODYBALANCE		ZUMBA	LesMILLS BODYPUMP		CYCLING	LesMILLS BODYPUMP		CYCLING	STEP	Virtual LesMILLS BODYBALANCE	LesMILLS BODYPUMP	9:30 10:20
10:30 11:20	ZUMBA	PILATES	TRX 30'	YOGA HATHA	PILATES	ABD 30'	TBC	ZUMBA	TRX 30'	YOGA HATHA	PILATES	ABD 30'	TBC	PILATES	TRX 30'	Virtual LesMILLS BODYBALANCE	CARDIO DANCE	CYCLING	STEP	10:30 11:20
11:30 12:20	Virtual LesMILLS BODYPUMP	YOGA INTEGRAL		Virtual CYCLING	TAI CHI		Virtual LesMILLS BODYPUMP	YOGA VINYASA		Virtual CYCLING	TAI CHI		YOGA INTEGRAL	TAI CHI		Virtual LesMILLS BODYPUMP	PILATES	Virtual LesMILLS BODYPUMP	ABD	11:30 12:20
12:30 13:30	Virtual LesMILLS BODYBALANCE		WOD 13:00	Virtual LesMILLS BODYPUMP	* QI-GONG	HIIT 13:00	Virtual LesMILLS BODYBALANCE		WOD 13:00	Virtual LesMILLS BODYPUMP		HIIT 13:00	Virtual LesMILLS BODYPUMP		WOD 13:00	Virtual CYCLING		Virtual CYCLING		12:30 13:30
13:30 14:30	Virtual CYCLING			Virtual LesMILLS BODYBALANCE			Virtual CYCLING			Virtual CYCLING			Virtual LesMILLS BODYBALANCE			Virtual LesMILLS BODYBALANCE		Virtual LesMILLS BODYBALANCE		13:30 14:30
14:30 15:30	Virtual LesMILLS BODYBALANCE			Virtual CYCLING			Virtual LesMILLS BODYBALANCE			Virtual LesMILLS BODYPUMP			Virtual CYCLING			Virtual LesMILLS BODYPUMP		Virtual LesMILLS BODYPUMP		14:30 15:30
15:30 16:20	Virtual CYCLING	PILATES		Virtual LesMILLS BODYPUMP	STEP		Virtual CYCLING	PILATES		Virtual LesMILLS BODYBALANCE	LesMILLS BODYPUMP		Virtual LesMILLS BODYBALANCE		HIIT 30'	Virtual CYCLING		Virtual CYCLING		15:30 16:20
16:30 17:20				Virtual LesMILLS BODYBALANCE			Virtual LesMILLS BODYPUMP			Virtual CYCLING			Virtual LesMILLS BODYPUMP			Virtual LesMILLS BODYBALANCE		Virtual LesMILLS BODYBALANCE		16:30 17:20
17:30 18:20	* KUNG-FU	PILATES	ABD 15'	ZUMBA	PILATES	TRX 18:00	CARDIO BOX	YOGA DHARMA		ZUMBA	STEP	TRX 18:00	PILATES	LesMILLS BODYPUMP	TRX 18:00	Virtual LesMILLS BODYPUMP		Virtual LesMILLS BODYPUMP		17:30 18:20
18:30 19:20	CARDIO BOX	ZUMBA		LesMILLS BODYPUMP	YOGA VINYASA		ZUMBA	PILATES	HIIT 19:00	CYCLING	PILATES		CARDIO BOX	ZUMBA		Virtual LesMILLS BODYBALANCE		Virtual LesMILLS BODYBALANCE	*SALSA	18:30 19:20
19:30 20:20	CYCLING	LesMILLS BODYPUMP		CYCLING	LesMILLS GRIT		CYCLING	LesMILLS BODYPUMP		YOGA	LesMILLS GRIT		CYCLING	LesMILLS BODYBALANCE		Virtual CYCLING		Virtual CYCLING		19:30 20:20
20:30 21:20	Virtual LesMILLS BODYBALANCE	YOGA INTEGRAL		Virtual LesMILLS BODYPUMP	PILATES		Virtual LesMILLS BODYPUMP		FLEX 30'	Virtual LesMILLS BODYBALANCE			Virtual LesMILLS BODYPUMP							20:30 21:20

* Activitats no incloses a la quota

CTAG es reserva el dret de modificació d'aquest horari i dels tècnics.

Horari: De dilluns a divendres de 8:00 a 22:30h/ Dissabte i diumenge de 8:00h a 20:30h

Els dies festius no hi ha activitats dirigides. Les activitats funcionals tenen una duració de 30 minuts