

ACTIVITATS DIRIGIDES

15 -21 ABRIL



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 | LES MILLS BODYPUMP | | | LES MILLS BODYBALANCE | GRIT 30' | YOGA INTEGRAL | LES MILLS BODYPUMP | | | LES MILLS BODYBALANCE | GRIT 30' | | | | | | | | 8:30 9:20 |
| 9:30 10:20 | CYCLING | LES MILLS BODYBALANCE | | ZUMBA | LES MILLS BODYPUMP | | CYCLING | LES MILLS BODYBALANCE | | ZUMBA | LES MILLS BODYPUMP | | Virtual LES MILLS BODYPUMP | | | Virtual CYCLING | | Virtual LES MILLS BODYBALANCE | | 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' | Virtual LES MILLS BODYBALANCE | | | Virtual LES MILLS BODYBALANCE | | Virtual CYCLING | | 10:30 11:20 |
| 11:30 12:20 | Virtual LES MILLS BODYPUMP | YOGA INTEGRAL | | Virtual CYCLING | TAI CHI | | Virtual LES MILLS BODYPUMP | YOGA VINYASA | | Virtual CYCLING | TAI CHI | | Virtual CYCLING | | | Virtual LES MILLS BODYPUMP | | Virtual LES MILLS BODYPUMP | | 11:30 12:20 |
| 12:30 13:30 | Virtual LES MILLS BODYBALANCE | | WOD 13:00 | Virtual LES MILLS BODYPUMP | * QI-GONG | HIIT 13:00 | Virtual LES MILLS BODYBALANCE | | WOD 13:00 | Virtual LES MILLS BODYPUMP | | HIIT 13:00 | Virtual LES MILLS BODYPUMP | | | Virtual CYCLING | | Virtual CYCLING | | 12:30 13:30 |
| 13:30 14:30 | Virtual CYCLING | | | Virtual LES MILLS BODYBALANCE | | | Virtual CYCLING | | | Virtual CYCLING | | | Virtual LES MILLS BODYBALANCE | | | Virtual LES MILLS BODYBALANCE | | Virtual LES MILLS BODYBALANCE | | 13:30 14:30 |
| 14:30 15:30 | Virtual LES MILLS BODYBALANCE | | | Virtual CYCLING | | | Virtual LES MILLS BODYBALANCE | | | Virtual LES MILLS BODYPUMP | | | Virtual CYCLING | | | Virtual LES MILLS BODYPUMP | | Virtual LES MILLS BODYPUMP | | 14:30 15:30 |
| 15:30 16:20 | Virtual CYCLING | PILATES | | Virtual LES MILLS BODYPUMP | STEP | | Virtual CYCLING | PILATES | | Virtual LES MILLS BODYBALANCE | LES MILLS BODYPUMP | | Virtual LES MILLS BODYBALANCE | | | Virtual CYCLING | | Virtual CYCLING | | 15:30 16:20 |
| 16:30 17:20 | | | | Virtual LES MILLS BODYBALANCE | | | Virtual LES MILLS BODYPUMP | | | Virtual CYCLING | | | Virtual LES MILLS BODYPUMP | | | Virtual LES MILLS BODYBALANCE | | Virtual LES MILLS 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 | Virtual CYCLING | | | Virtual LES MILLS BODYPUMP | | Virtual LES MILLS BODYPUMP | | 17:30 18:20 |
| 18:30 19:20 | CARDIO BOX | ZUMBA | | LES MILLS BODYPUMP | YOGA VINYASA | | ZUMBA | PILATES | HIIT 19:00 | CYCLING | PILATES | | Virtual LES MILLS BODYBALANCE | | | Virtual LES MILLS BODYBALANCE | | Virtual LES MILLS BODYBALANCE | *SALSA | 18:30 19:20 |
| 19:30 20:20 | CYCLING | LES MILLS BODYPUMP | | CYCLING | GRIT | | CYCLING | LES MILLS BODYPUMP | | YOGA | GRIT | | Virtual LES MILLS BODYPUMP | | | Virtual CYCLING | | Virtual CYCLING | | 19:30 20:20 |
| 20:30 21:20 | Virtual LES MILLS BODYBALANCE | YOGA INTEGRAL | | Virtual LES MILLS BODYPUMP | PILATES | | Virtual LES MILLS BODYPUMP | | FLEX 30' | Virtual LES MILLS BODYBALANCE | | | | | | | | | | 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

ACTIVITATS DIRIGIDES

22 - 28 ABRIL



CLUB OFICIAL
LES MILLS

CARDIO CARDIO+COREO TONIFICACIÓ SALUT ART MARCIAL VIRTUALS FUNCIONALS 30'

| | 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 | Virtual LesMILLS BODYBALANCE | | | | LesMILLS BODYBALANCE | GRIT 30' | YOGA INTEGRAL | LesMILLS BODYPUMP | | | LesMILLS BODYBALANCE | GRIT 30' | YOGA HATHA | LesMILLS BODYBALANCE | | | | | | 8:30 9:20 |
| 9:30 10:20 | Virtual LesMILLS BODYPUMP | | | ZUMBA FLEX | LesMILLS BODYPUMP | | CYCLING | LesMILLS BODYBALANCE | | ZUMBA FLEX | LesMILLS BODYPUMP | | CYCLING | LesMILLS BODYPUMP | | CYCLING | STEP | Virtual LesMILLS BODYBALANCE | LesMILLS BODYPUMP | 9:30 10:20 |
| 10:30 11:20 | Virtual CYCLING | | | YOGA HATHA | PILATES | ABD 30' | TBC | ZUMBA FLEX | 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 | | | 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 | | | 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 | | | 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 BODYPUMP | | | 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 | Virtual LesMILLS BODYBALANCE | | | ZUMBA FLEX | PILATES | TRX 18:00 | CARDIO BOX | YOGA DHARMA | | ZUMBA FLEX | STEP | TRX 18:00 | YOGA | LesMILLS BODYPUMP | TRX 18:00 | Virtual LesMILLS BODYPUMP | | Virtual LesMILLS BODYPUMP | | 17:30 18:20 |
| 18:30 19:20 | Virtual CYCLING | | | LesMILLS BODYPUMP | YOGA VINYASA | | ZUMBA FLEX | PILATES | HIIT 19:00 | CYCLING | PILATES | | CARDIO BOX | ZUMBA FLEX | | Virtual LesMILLS BODYBALANCE | | Virtual LesMILLS BODYBALANCE | *SALSA | 18:30 19:20 |
| 19:30 20:20 | Virtual 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 BODYPUMP | PILATES | | Virtual LesMILLS BODYPUMP | | FLEX 30' | Virtual LesMILLS BODYBALANCE | | | Virtual LesMILLS BODYPUMP | | | | | | | 20:30 21:20 |

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