

# ACTIVITATS DIRIGIDES 7-13 OCTUBRE



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	Virtual LesMILLS BODYPUMP	YOGA	HIIT 30'	Virtual LesMILLS BODYBALANCE	STEP TONO		Virtual LesMILLS BODYPUMP	YOGA	TRX 30'	Virtual LesMILLS BODYBALANCE	GAP		Virtual LesMILLS BODYPUMP	YOGA	HIIT 30'					8:30
9:20																				9:20
9:30	CYCLING	LesMILLS BODYPUMP		CYCLING	LesMILLS BODYPUMP		CYCLING	LesMILLS BODYBALANCE		CYCLING	LesMILLS BODYPUMP		CYCLING	LesMILLS BODYBALANCE		Virtual CYCLING		Virtual LesMILLS BODYBALANCE	LesMILLS BODYPUMP	9:30
10:20																				10:20
10:30	ZUMBA FINES	PILATES	TRX 30'	PILATES	YOGA	ABD 30'	ZUMBA FINES	PILATES	TRX 30'	PILATES	YOGA	ABD 30'	TBC	PILATES	TRX 30'	Virtual LesMILLS BODYBALANCE		Virtual CYCLING	STEP	10:30
11:20																				11:20
11:30	Virtual LesMILLS BODYPUMP	YOGA INTEGRAL		Virtual CYCLING	TAI CHI		Virtual LesMILLS BODYPUMP	YOGA		Virtual CYCLING	TAI CHI		Virtual CYCLING	TAI CHI		Virtual LesMILLS BODYPUMP		Virtual LesMILLS BODYPUMP	ABD	11:30
12:20																				12:20
12:30	Virtual LesMILLS BODYBALANCE		WOD 13:00	Virtual LesMILLS BODYPUMP	* QI-GONG	HIIT 13:00	Virtual LesMILLS BODYBALANCE		WOD 13:00	Virtual LesMILLS BODYPUMP	* QI-GONG	HIIT 13:00	Virtual LesMILLS BODYPUMP		WOD 13:00	Virtual CYCLING		Virtual CYCLING		12:30
13:30																				13:30
13:30	Virtual CYCLING			Virtual LesMILLS BODYBALANCE			Virtual CYCLING			Virtual CYCLING			Virtual LesMILLS BODYBALANCE			Virtual LesMILLS BODYBALANCE		Virtual LesMILLS BODYBALANCE		13:30
14:30																				14:30
14:30	Virtual LesMILLS BODYPUMP			Virtual CYCLING			Virtual LesMILLS BODYBALANCE			Virtual LesMILLS BODYPUMP			Virtual CYCLING			Virtual LesMILLS BODYPUMP		Virtual LesMILLS BODYPUMP		14:30
15:30																				15:30
15:30	Virtual LesMILLS BODYBALANCE		TRX 30'	Virtual LesMILLS BODYPUMP	STEP		Virtual CYCLING		TRX 30'	Virtual LesMILLS BODYBALANCE	LesMILLS BODYPUMP		Virtual LesMILLS BODYBALANCE		TRX 30'	Virtual CYCLING		Virtual CYCLING		15:30
16:20																				16:20
16:30	Virtual CYCLING			Virtual LesMILLS BODYBALANCE			Virtual LesMILLS BODYPUMP			Virtual CYCLING			Virtual LesMILLS BODYPUMP			Virtual LesMILLS BODYBALANCE		Virtual LesMILLS BODYBALANCE		16:30
17:20																				17:20
17:30	CARDIO BOX	YOGA		ZUMBA FINES	LesMILLS BODYPUMP	TRX 18:00	CARDIO BOX	YOGA		ZUMBA FINES	STEP	TRX 18:00	LesMILLS BODYPUMP	PILATES	TRX 18:00	Virtual LesMILLS BODYPUMP		Virtual LesMILLS BODYPUMP		17:30
18:20																				18:20
18:30	ZUMBA FINES	LesMILLS BODYBALANCE	HIIT 19:00	CYCLING	PILATES		ZUMBA FINES	PILATES	HIIT 19:00	CYCLING	PILATES		HIIT	ZUMBA FINES		Virtual LesMILLS BODYBALANCE		Virtual LesMILLS BODYBALANCE	*SALSA	18:30
19:20																				19:20
19:30	CYCLING	LesMILLS BODYPUMP		LesMILLS GRIT	YOGA	HIIT 30'	CYCLING	LesMILLS BODYPUMP		LesMILLS GRIT	YOGA	HIIT 30'	CYCLING			Virtual CYCLING		Virtual CYCLING		19:30
20:20																				20:20
20:30	Virtual LesMILLS BODYBALANCE	YOGA		Virtual LesMILLS BODYPUMP			Virtual LesMILLS BODYPUMP	YOGA		Virtual LesMILLS BODYBALANCE			Virtual LesMILLS BODYPUMP							20:30
21:20																				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