

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