

Barceló
Punta Umbría
Beach Resort

LES MILLS



HORARIO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
8.00					
09.30	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	PILATES
	CICLO BIKE	PILATES	CICLO BIKE	PILATES	LES MILLS BODYPUMP
10.30	LES MILLS BODYPUMP	CICLO BIKE	LES MILLS BODYPUMP	CICLO BIKE	CICLO BIKE
	AQUAGYM	ZUMBA	AQUAGYM	ZUMBA	ZUMBA
11.00					
11.30					
16.30		AQUAGYM		AQUAGYM	
17.30	LES MILLS BODYCOMBAT	LES MILLS GRIT CARDIO	LES MILLS BODYCOMBAT	LES MILLS GRIT STRENGTH	
18.30	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
19.30	CICLO BIKE	PILATES	CICLO BIKE	PILATES	LES MILLS BODYPUMP
	ZUMBA	LES MILLS BODYPUMP	ZUMBA	LES MILLS BODYPUMP	LES MILLS GRIT CARDIO
20.00	BOXEO		BOXEO		BOXEO
20.30	CICLO BIKE	ZUMBA	CICLO BIKE	ZUMBA	CICLO BIKE
	LES MILLS BODYPUMP	LES MILLS GRIT CARDIO	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH	
21.30	PILATES	CICLO BIKE	PILATES	CICLO BIKE	

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