

PROGRAMA SALA VIRTUAL LES MILLS S3FIT LAS REHOYAS

Lunes

Martes

Miércoles

Jueves

Viernes

Sábado

Domingo

HORARIO

07:00 - 07:45			▶ LESMILLS SH'BAM				
07:00 - 08:00	▶ LESMILLS BODYBALANCE	▶ LESMILLS BODYBALANCE		▶ LESMILLS BODYBALANCE	▶ LESMILLS BODYCOMBAT		
08:00 - 08:45				▶ LESMILLS SH'BAM	▶ LESMILLS SH'BAM		
08:00 - 09:00		▶ LESMILLS BODYCOMBAT	▶ LESMILLS BODYCOMBAT				
08:45 - 09:45					▶ LESMILLS BODYBALANCE		
09:00 - 09:45	▶ LESMILLS SH'BAM	▶ LESMILLS SH'BAM	▶ LESMILLS SH'BAM				
09:00 - 10:00				▶ LESMILLS BODYCOMBAT			
09:30 - 10:30						▶ LESMILLS BODYBALANCE	▶ LESMILLS BODYBALANCE
10:30 - 11:30						▶ LESMILLS BODYCOMBAT	▶ LESMILLS BODYCOMBAT
11:30 - 12:15						▶ LESMILLS SH'BAM	▶ LESMILLS SH'BAM
12:30 - 13:30						▶ LESMILLS BODYBALANCE	
13:30 - 14:30						▶ LESMILLS BODYCOMBAT	
14:30 - 15:15					▶ LESMILLS SH'BAM	▶ LESMILLS SH'BAM	
14:30 - 15:30	▶ LESMILLS BODYBALANCE	▶ LESMILLS BODYCOMBAT	▶ LESMILLS BODYBALANCE	▶ LESMILLS BODYCOMBAT			
15:30 - 16:15	▶ LESMILLS SH'BAM						
15:30 - 16:30		▶ LESMILLS BODYBALANCE	▶ LESMILLS BODYCOMBAT	▶ LESMILLS BODYCOMBAT	▶ LESMILLS BODYBALANCE	▶ LESMILLS BODYBALANCE	
16:15 - 17:15	▶ LESMILLS BODYCOMBAT						
16:30 - 17:15			▶ LESMILLS SH'BAM		▶ LESMILLS SH'BAM		
16:30 - 17:30						▶ LESMILLS BODYCOMBAT	
17:15 - 18:00				▶ LESMILLS SH'BAM	▶ LESMILLS SH'BAM		
17:30 - 18:15		▶ LESMILLS SH'BAM				▶ LESMILLS SH'BAM	
18:00 - 18:45					▶ LESMILLS SH'BAM		
18:15 - 19:00				▶ LESMILLS SH'BAM			
18:15 - 19:15		▶ LESMILLS BODYCOMBAT					
19:00 - 19:45				▶ LESMILLS SH'BAM			
19:15 - 20:00		▶ LESMILLS SH'BAM					