



## PROGRAMA ACTIVIDADES "LES MILLS VIRTUAL"

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
7:15	BODYCOMBAT	BODYBALANCE	BODYCOMBAT	BODYBALANCE	BODYCOMBAT		
8:15	BODYBALANCE	SH'BAM	BODYBALANCE	SH'BAM	BODYBALANCE		
9:15	BODYCOMBAT	BODYBALANCE	BODYCOMBAT	BODYBALANCE	BODYCOMBAT	BODYBALANCE	BODYCOMBAT
10:15	BODYBALANCE		BODYBALANCE		BODYBALANCE	BODYCOMBAT	SH'BAM
11:15	SH'BAM		BODYBALANCE		BODYBALANCE	SH'BAM	BODYCOMBAT
12:15	BODYBALANCE	BODYBALANCE	BODYCOMBAT	BODYBALANCE	SH'BAM	BODYCOMBAT	BODYBALANCE
13:15	BODYCOMBAT	SH'BAM	SH'BAM	SH'BAM	BODYCOMBAT	BODYBALANCE	SH'BAM
14:15	BODYBALANCE	BODYCOMBAT	BODYBALANCE	BODYCOMBAT	BODYBALANCE		
15:15	BODYCOMBAT	SH'BAM	BODYCOMBAT	SH'BAM	BODYCOMBAT		
16:15	SH'BAM		SH'BAM		SH'BAM		
17:15					BODYCOMBAT		
18:15					BODYBALANCE		
19:15					SH'BAM		
20:15					BODYCOMBAT		
21:15	BODYBALANCE	BODYCOMBAT	BODYBALANCE	BODYCOMBAT	BODYBALANCE		