

A PARTIR DEL 15 DE MARZO DE 2021

ACTIVA CLUB MESTALLA Group Exercise Timetable

Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
 6:30AM - 7:15AM SALA 3	 6:30AM - 7:15AM SALA 3	 6:30AM - 7:15AM SALA 3	 6:30AM - 6:50AM SALA 3	 6:30AM - 7:15AM SALA 3	 8:15AM - 9:00AM SALA 3	 8:15AM - 9:00AM SALA 3
 7:30AM - 8:15AM SALA 3	 7:30AM - 8:15AM SALA 3	 7:30AM - 8:15AM SALA 3	 8:30AM - 9:15AM SALA 3	 7:30AM - 8:15AM SALA 3	 9:15AM - 9:45AM SALA 3	 9:15AM - 10:00AM SALA 3
 8:30AM - 9:15AM SALA 3	 8:30AM - 9:15AM SALA 3	 8:30AM - 9:15AM SALA 3	 12:35PM - 1:20PM SALA 3	 8:30AM - 9:00AM SALA 3	 10:00AM - 10:45AM SALA 3	 10:00AM - 10:30AM SALA 3
 11:35AM - 12:20PM SALA 3	 12:45PM - 1:30PM SALA 3	 11:35AM - 12:20PM SALA 3	 1:25PM - 2:10PM SALA 3	 9:15AM - 10:00AM SALA 3	 1:30PM - 2:15PM SALA 3	 1:30PM - 2:15PM SALA 3
 12:35PM - 1:05PM SALA 3	 1:30PM - 2:15PM SALA 3	 12:40PM - 1:25PM SALA 3	 2:15PM - 2:45PM SALA 3	 10:30AM - 11:15AM SALA 3	 2:15PM - 2:45PM SALA 3	 2:15PM - 3:00PM SALA 3
 1:15PM - 2:00PM SALA 3	 3:30PM - 4:15PM SALA 3	 1:30PM - 2:15PM SALA 3	 3:00PM - 3:45PM SALA 3	 11:30AM - 12:15PM SALA 3	 3:00PM - 3:45PM SALA 3	 3:00PM - 3:30PM SALA 3
 2:30PM - 3:15PM SALA 3	 4:30PM - 5:00PM SALA 3	 2:30PM - 3:00PM SALA 3	 4:00PM - 4:45PM SALA 3	 12:30PM - 1:00PM SALA 3	 4:00PM - 4:45PM SALA 3	 4:00PM - 4:45PM SALA 3
 3:35PM - 4:05PM SALA 3	 5:05PM - 5:50PM SALA 3	 3:00PM - 3:45PM SALA 3	 9:00PM - 10:00PM SALA 3	 1:30PM - 2:15PM SALA 3	 5:00PM - 5:30PM SALA 3	 5:00PM - 6:00PM SALA 3
 4:15PM - 5:00PM SALA 3	 9:00PM - 9:45PM SALA 3	 4:00PM - 4:45PM SALA 3	 9:05PM - 9:25PM SALA 3	 2:30PM - 3:15PM SALA 3	 6:00PM - 7:00PM SALA 3	 6:00PM - 6:30PM SALA 3
 5:20PM - 5:50PM SALA 3				 3:30PM - 4:15PM SALA 3	 7:05PM - 7:35PM SALA 3	 6:40PM - 7:40PM SALA 3
 9:20PM - 9:50PM SALA 3				 4:30PM - 5:00PM SALA 3		
				 SALA 3		

Lunes

Martes

Miércoles

Jueves

Viernes

Sábado

Domingo

LES MILLS
CORE

8:00PM - 8:30PM

SALA 3

 LES MILLS
BODYPUMP

9:00PM - 9:45PM

SALA 3

LES MILLS
CORE

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

▶ **LES MILLS**
BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

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BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

▶ **LES MILLS**
BODYBALANCE

Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.

▶ **LES MILLS**
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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MESTALLA
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