

# HORARIO DE CLASES COLECTIVAS

SmartFIT Barrio del Pilar

Del 2 al 31 de julio



|       | LUNES              |             |                | MARTES          |             |            | MIÉRCOLES     |             |                 | JUEVES            |             |                 | VIERNES            |            |             | SABADO  |            |             | DOMINGO |                 |             |
|-------|--------------------|-------------|----------------|-----------------|-------------|------------|---------------|-------------|-----------------|-------------------|-------------|-----------------|--------------------|------------|-------------|---------|------------|-------------|---------|-----------------|-------------|
|       | Estudio            | Sala Ciclo  | S. Fitness     | Estudio         | Sala Ciclo  | S. Fitness | Estudio       | Sala Ciclo  | S. Fitness      | Estudio           | Sala Ciclo  | S. Fitness      | Estudio            | Sala Ciclo | S. Fitness  | Estudio | Sala Ciclo | S. Fitness  | Estudio | Sala Ciclo      | S. Fitness  |
| 07:30 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 07:45 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 08:00 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 08:15 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 08:30 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 08:45 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 09:00 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 09:15 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 09:30 | BODY BALANCE 09:30 | CICLO 09:30 |                | PILATES 09:30   |             |            |               |             | BODY PUMP 09:30 |                   |             |                 | CICLO 09:30        |            | ZUMBA 09:30 |         |            |             |         |                 |             |
| 09:45 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 10:00 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 10:15 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 10:30 | ZUMBA 10:30        |             | CROSS SF 10:30 | HIIT 10:30      | CICLO 10:30 |            | PILATES 10:30 | CICLO 10:30 |                 | BODY COMBAT 10:30 |             | CROSS SF 10:30  | BODY BALANCE 10:30 |            |             |         |            | CICLO 10:30 |         | BODY PUMP 10:30 |             |
| 10:45 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 11:00 |                    |             |                | BODY PUMP 11:00 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 11:15 | GAP 11:15          |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 11:30 |                    |             |                |                 |             |            | ZUMBA 11:30   |             |                 |                   |             | BODY PUMP 11:30 |                    |            | HIIT 11:30  |         |            |             |         |                 | CICLO 11:30 |
| 11:45 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 12:00 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            | ABD 12:00   |         |            |             |         |                 |             |
| 12:15 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 12:30 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 12:45 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 13:00 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 13:15 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 13:30 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 13:45 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 14:00 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 14:15 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 14:30 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 14:45 |                    |             |                |                 |             |            | CICLO 14:30   |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 15:00 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 15:15 | HIIT 15:15         |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 15:30 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 15:45 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 16:00 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 17:00 | ZUMBA 17:00        |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 17:15 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 17:30 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 17:45 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 18:00 | BODY COMBAT 18:00  | CICLO 18:00 |                | ZUMBA 18:00     | CICLO 18:00 |            |               |             |                 | ABD 18:00         | CICLO 18:00 |                 | BODY BALANCE 18:00 |            |             |         |            |             |         |                 |             |
| 18:15 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 18:30 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 18:45 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 19:00 | PILATES 19:00      | CICLO 19:00 |                | GAP 19:00       | CICLO 19:00 |            |               |             |                 | ZUMBA 18:45       |             |                 |                    |            |             |         |            |             |         |                 |             |
| 19:15 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 19:30 |                    |             |                | ABD 19:30       |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 19:45 | ZUMBA 19:45        | CICLO 20:00 | CROSS SF 20:00 |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 20:00 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 20:15 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 20:30 |                    |             |                | PILATES 20:15   |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 20:45 | BODY BALANCE 20:45 |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 21:00 |                    |             |                | BODY PUMP 21:00 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 21:15 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 21:30 | BODY PUMP 21:30    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 21:45 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 22:00 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 22:15 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 22:30 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |
| 22:45 |                    |             |                |                 |             |            |               |             |                 |                   |             |                 |                    |            |             |         |            |             |         |                 |             |

**ACTIVIDADES COLECTIVAS**  
 Duración: Clases de 45' o 30'.  
 Calentamiento previo al inicio de la actividad.  
 Consulta a tu técnico.  
 Reserva de actividades: 2 horas antes en web y 1 hora antes en la instalación.

**HORARIO DE APERTURA**  
 Lunes a viernes: 07:30 - 23:00  
 Sábados: 10:00 - 20:00  
 Domingos y festivos: 10:00 - 15:00

**EL MEJOR FITNESS AL MEJOR PRECIO**


[www.smartfit.es](http://www.smartfit.es)

  
 Gimnasio SmartFit Barrio del Pilar
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