

# HORARIO DE CLASES COLECTIVAS

SmartFIT Coslada  
jul-18



|       | 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 | PILATES      | CICLO      |            | BODY BALANCE | CICLO      |            | BODY PUMP    |            |            | ZUMBA       |             |            | ZUMBA        |            |            |         |            |              |         |            |            |
| 09:45 | 09:30        | 09:30      |            | 09:30        | 09:30      |            | 09:30        |            |            | 09:30       |             |            | 09:30        |            |            |         |            |              |         |            |            |
| 10:00 |              |            |            |              |            |            |              |            |            | CICLO       |             |            |              |            |            |         |            |              |         |            |            |
| 10:15 |              |            |            |              |            |            |              |            |            | 10:00       |             |            |              |            |            |         |            |              |         |            |            |
| 10:30 | HIITI        |            |            | BODY COMBAT  |            | ABD.       | PILATES      | CICLO      |            | BODY PUMP   |             |            | BODY BALANCE |            |            |         |            | CICLO        |         |            |            |
| 10:45 | 10:30        |            |            | 10:30        |            | 10:30      | 10:30        | 10:30      |            | 10:30       |             |            | 10:30        |            |            |         |            | 10:30        |         |            |            |
| 11:00 |              |            |            |              |            |            |              |            |            |             |             | ABD.       |              |            |            |         |            |              |         |            |            |
| 11:15 | ZUMBA        |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 11:30 | 11:15        |            |            |              |            |            | ZUMBA        |            |            | BODY COMBAT |             |            |              |            |            |         |            | BODY PUMP    |         | BODY PUMP  |            |
| 11:45 |              |            |            | GAP          |            |            | 11:30        |            |            | 11:30       |             |            |              |            |            |         |            | 11:30        |         |            |            |
| 12:00 |              |            |            | BODY PUMP    |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         | CICLO      |            |
| 12:15 |              |            |            | 12:00        |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         | 12:00      |            |
| 12:30 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            | BODY BALANCE |         |            |            |
| 12:45 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            | 12:15        |         |            |            |
| 13:00 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 13:15 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 13:30 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 13:45 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 14:00 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 14:15 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 14:30 |              | CICLO      |            | BODY PUMP    |            |            |              | CICLO      |            | BODY PUMP   |             |            |              |            |            |         |            |              |         |            |            |
| 14:45 |              | 14:30      |            | 14:30        |            |            |              | 14:30      |            | 14:30       |             |            |              |            |            |         |            |              |         |            |            |
| 15:00 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 15:15 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 15:30 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 17:00 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 17:15 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 17:30 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 17:45 | BODY BALANCE |            |            | PILATES      |            |            | PILATES      |            |            | GAP         |             |            | PILATES      | CICLO      |            |         |            |              |         |            |            |
| 18:00 | 17:45        |            |            | 17:45        |            |            | 18:00        |            |            | 18:00       |             |            | 18:00        | 18:00      |            |         |            |              |         |            |            |
| 18:15 | ZUMBA        |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 18:30 | 18:30        |            |            | GAP          |            |            | BODY PUMP    | CICLO      |            | HIITI       |             |            | BODY PUMP    |            |            |         |            |              |         |            |            |
| 18:45 |              |            |            | 18:45        |            |            | 18:45        | CICLO      |            | 18:30       |             |            | 18:00        |            |            |         |            |              |         |            |            |
| 19:00 |              | CICLO      |            | 19:00        |            |            | 19:00        |            |            | BODY PUMP   |             |            | BODY PUMP    |            |            |         |            |              |         |            |            |
| 19:15 |              |            |            | 19:15        |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 19:30 | BODY COMBAT  |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 19:45 | 19:30        |            |            | BODY COMBAT  |            |            | ZUMBA        |            |            | FUNC.       | BODY COMBAT | CICLO      |              | ZUMBA      |            |         |            |              |         |            |            |
| 20:00 |              | CICLO      |            | 19:45        |            |            | 19:45        |            |            | 20:00       |             |            | 20:00        |            |            |         |            |              |         |            |            |
| 20:15 |              |            |            |              |            |            |              |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 20:30 | BODY PUMP    |            |            |              |            |            | BODY BALANCE | CICLO      |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 20:45 | 20:30        |            |            |              |            |            | 20:30        | 20:30      |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 21:00 |              |            |            | FUNC.        |            |            | 21:00        |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 21:15 |              |            |            | 21:00        |            |            | 20:45        |            |            |             |             |            |              |            |            |         |            |              |         |            |            |
| 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**

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