

# HORARIO DE CLASES COLECTIVAS

## SMARTFIT MOLLET DEL VALLES



|       | LUNES       |                 |            | MARTES    |                 |            | MIÉRCOLES   |                 |            | JUEVES    |            |            | VIERNES   |                 |                 |       |
|-------|-------------|-----------------|------------|-----------|-----------------|------------|-------------|-----------------|------------|-----------|------------|------------|-----------|-----------------|-----------------|-------|
|       | 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      |       |
| 07:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 07:00 |
| 07:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 07:15 |
| 07:30 |             | VIRTUAL CYCLING |            |           |                 |            |             | VIRTUAL CYCLING |            |           |            |            |           | VIRTUAL CYCLING |                 | 07:30 |
| 07:45 |             | 7:15            |            |           |                 |            |             | 7:15            |            |           |            |            |           | 7:15            |                 | 07:45 |
| 08:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 08:00 |
| 08:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 08:15 |
| 08:30 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 08:30 |
| 08:45 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 08:45 |
| 09:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 09:00 |
| 09:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 09:15 |
| 09:30 |             | CICLO           |            | ZUMBA     |                 |            | BODY PUMP   |                 |            | PILATES   |            |            |           | CICLO           |                 | 09:30 |
| 09:45 |             | 09:30           |            | 9:30      |                 |            | 09:30       |                 |            | 9:30      |            |            |           | 09:30           |                 | 09:45 |
| 10:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 10:00 |
| 10:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 10:15 |
| 10:30 | BODY PUMP   |                 |            | YOGA      |                 |            | CICLO       |                 |            | ZUMBA     |            |            | GAP       |                 |                 | 10:30 |
| 10:45 | 10:30       |                 |            | 10:30     |                 |            | 10:30       |                 |            | 10:30     |            |            | 10:30     |                 |                 | 10:45 |
| 11:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 11:00 |
| 11:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 11:15 |
| 11:30 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 11:30 |
| 11:45 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           | PILATES         |                 | 11:45 |
| 12:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           | 11:30           |                 | 12:00 |
| 12:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 12:15 |
| 12:30 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 12:30 |
| 12:45 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 12:45 |
| 13:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 13:00 |
| 13:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 13:15 |
| 13:30 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 13:30 |
| 14:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 14:15 |
| 14:30 |             | VIRTUAL CYCLING |            | BODY PUMP |                 |            |             | VIRTUAL CYCLING |            |           |            |            |           |                 |                 | 14:30 |
| 14:45 |             | 14:30           |            | 14:30     |                 |            |             | 14:30           |            |           |            |            |           |                 |                 | 14:45 |
| 15:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 15:00 |
| 15:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 15:15 |
| 15:30 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 15:30 |
| 15:45 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 15:45 |
| 16:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 16:00 |
| 16:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 16:15 |
| 16:30 |             | VIRTUAL CYCLING |            |           |                 |            | BODY PUMP   |                 |            |           |            |            |           |                 | VIRTUAL CYCLING | 16:30 |
| 16:45 |             | 16:30           |            |           |                 |            | 16:30       |                 |            |           |            |            |           |                 | 16:30           | 16:45 |
| 17:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 17:00 |
| 17:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 17:15 |
| 17:30 | PILATES     |                 |            | ZUMBA     | VIRTUAL CYCLING |            |             | CICLO           |            | BODY PUMP |            |            | PILATES   | VIRTUAL CYCLING |                 | 17:30 |
| 17:45 | 17:30       |                 |            | 17:30     | 17:30           |            |             | 17:30           |            | 17:30     |            |            | 17:30     | 17:30           |                 | 17:45 |
| 18:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 18:00 |
| 18:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 18:15 |
| 18:30 | BODY COMBAT | CICLO           |            | BODY PUMP |                 | ABD        | BODY COMBAT | CICLO           |            | ZUMBA     |            |            | GAP       |                 |                 | 18:30 |
| 18:45 | 18:30       | 18:30           |            | 18:30     |                 | 18:30      | 18:30       | 18:30           |            | 18:30     |            |            | 18:30     |                 |                 | 18:45 |
| 19:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 19:00 |
| 19:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 19:15 |
| 19:30 | BODY PUMP   |                 | HIT        | GAP       | CICLO           |            | ZUMBA       |                 | FUNCIONAL  |           | CICLO      |            | FUNCIONAL |                 |                 | 19:30 |
| 19:45 | 19:30       |                 | 19:30      | 10:30     | 19:30           |            | 19:30       |                 | 19:30      |           | 19:30      |            | 19:30     |                 |                 | 19:45 |
| 20:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 20:00 |
| 20:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 20:15 |
| 20:30 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 20:30 |
| 20:45 | GAP         |                 |            | BODY PUMP |                 |            |             |                 |            | PILATES   |            |            |           |                 |                 | 20:45 |
| 21:00 | 20:30       |                 |            | 20:30     |                 |            |             |                 |            | 20:30     |            |            |           |                 |                 | 21:00 |
| 21:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 21:15 |
| 21:30 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 21:30 |
| 21:45 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 21:45 |
| 22:00 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 22:00 |
| 22:15 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 22:15 |
| 22:30 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 22:30 |
| 22:45 |             |                 |            |           |                 |            |             |                 |            |           |            |            |           |                 |                 | 22:45 |

YOUR WELLNESS TEAM

**ACTIVIDADES COLECTIVAS**  
 Duración: Clases de 45' o 30'  
 Calentamiento previo al inicio de la actividad.  
 Consulta a tu técnico.  
 Reserva de actividades: 30 min. antes en la instalación.

**HORARIO DE APERTURA**  
 Lunes a viernes: 07:00 - 22:30  
 Sábados: 9:00 - 18:00  
 Domingos y festivos: 9:00 - 14:00

