HORARIO DE CLASES COLECTIVAS VILLAVICIOSA

HASTA EL 2 DE ABRIL

SMARTFIT
YOUR WELLNESS TEAM

	LUNES					MARTES					MIERCOLES					JUEVES					VIERNES				
	Estudio 1	Estudio 2	Sala Ciclo	Estudio 4	Piscina	Estudio 1	Estudio 2	Sala Ciclo	Estudio 4	Piscina	Estudio 1	Estudio 2	Sala Ciclo	Estudio 4	Piscina	Estudio 1	Estudio 2	Sala Ciclo	Estudio 4	Piscina	Estudio 1	Estudio 2	Sala Ciclo	Estudio 4	Piscina
07:30																									
07:45																									
08:00																									
08:15																									
08:30																									
08:45																									
09:00																									
09:15																									
09:30			CICLO 09:30/20	YOGALATE 09:30/20				CICLO 09:30/20	BODY BALANCE 09:30/20			GAP 09:30/20	CICLO 09:30/20					CICLO 09:30/20	ZUMBA 09:30/20				CICLO 09:30/20		
09:45						YOGA 09:45										YOGA 09:45									
10:00							ABD 10:00/30																		
10:15																									
10:30		TONIFIC 10:30/20		ZUMBA 10:30/20			BODY PUMP 10:30/20		CARDIO FITBALL 10:30/50			BODY JAM 10:30/20		YOGALATE 10:30/20			TONIFIC 10:30/20		BODY BALANCE 10:30/20			BODY PUMP 10:30/20			
10:45																	ABD 11:30/00								
11:00																									
11:15																									
11:30										AQUAGYM 11:30/20					AQUAGYM 11:30/20					AQUAGYM 11:30/20					
11:45																									
12:00																									
12:15																									
12:30																									
12:45																									
13:00																									
13:15																									
13:30																									
13:45																									
14:00																									
14:15																									
14:30	CROSS CIRCUIT 14:30/20						BODY PUMP 14:30/20				CROSS CIRCUIT 14:30/20							CICLO 14:30/20			CROSS CIRCUIT 14:30/20				
14:45																									
15:00																									
15:15																									
15:30																									
17:00																									
17:15																									
17:30							BAILE MODERNO 17:30										BAILE MODERNO 17:30								
17:45																									
18:00		BODY PUMP 18:00/50	CICLO 18:00/50			YOGA 18:00		CICLO 18:00/50				BODY PUMP 18:00/50	CICLO 18:00/50			YOGA 18:00						BODY PUMP 18:00/50	CICLO 18:00/50		
18:15							BODY PUMP 18:30/20		BODY BALANCE 18:30/20		PING PONG														
18:30																									
18:45																									
19:00		CARDIO FITBALL 19:00/50		BODY BALANCE 19:00/50													ABD 19:00/30	CICLO 19:00/50	ZUMBA 19:00/50		CLUB NATACIÓN				
19:15						YOGA 19:15										YOGA 19:15									
19:30			CICLO 19:30/20				GAP 19:30/20	CICLO 19:30/20	ZUMBA 19:30/20	AQUAGYM 19:30/20		BODY JAM 19:30/20	CICLO 19:30/20	TONIFIC FITBALL 19:30/20	AQUAGYM 19:30/20				BODY BALANCE 20:00/50	AQUAGYM 19:30/20			CICLO 19:30/20	TONIFIC FITBALL 19:30/20	
19:45											CLUB NATACIÓN						GAP 20:00/50					CROSS CIRCUIT 20:00/50			
20:00	CROSS CIRCUIT 20:00/50	BODY COMBAT 20:00/50		BODY JAM 20:00/50												CROSS CIRCUIT 20:30/20					PING PONG				
20:15																									
20:30														SALSA BACHATA 20:30											
20:45																									
21:00		BODY PUMP 21:00/50	CICLO 21:00/50				BODY COMBAT 21:00/50	CICLO 21:00/50				BODY PUMP 21:00/50	CICLO 21:00/50				BODY PUMP 21:00/50	CICLO 21:00/50							
21:15																									
21:30																									
21:45																									
22:00																									