HORARIO DE CLASES COLECTIVAS SMARTFIT VILLAVICIOSA

ABRIL - MAYO - JUNIO

SMARTFIT

	LUNES					MARTES					MIERCOLES					JUEVES					VIERNES					SÁBADO			DOMINGO		
	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	Estudio 3	Estudio 2	Sala Ciclo	Estudio 1	Estudio 0	Sala Ciclo
07:30			VIRTUAL CYCLING 07:30										VIRTUAL CYCLING 07:30										VIRTUAL CYCLING 07:30								
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08:00								VIRTUAL CYCLING 08:00										VIRTUAL CYCLING 08:00													
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09:30			CICLO 09:30	YOGA-LATES 10:30				CICLO 09:30	BODY BALANCE 09:30				CICLO 09:30	GAP 09:30				CICLO 09:30	ZUMBA 09:30				CICLO 09:30								
09:45						YOGA 09:45										YOGA 09:45															
10:00							ABD 10:00																								
10:15																															
10:30		ZUMBA 10:30		TONIFIC 10:30			TONIFIC FITBALL 10:30		BODY PUMP 10:30			BODY JAM 10:30		YOGA-LATES 10:30			BODY BALANCE 10:30		TONIFIC 10:30/20					BODY PUMP 10:30	AQUAGYM 10:30						
10:45																															
11:00			VIRTUAL CYCLING 11:00					VIRTUAL CYCLING 11:00					VIRTUAL CYCLING 11:00					VIRTUAL CYCLING 11:00					VIRTUAL CYCLING 11:00						CICLO 11:00			VIRTUAL CYCLING 11:00
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18:15																															
18:30											PING PONG																				
18:45																															
19:00		TONIFIC FITBALL 19:00		BODY BALANCE 19:00			GAP 19:00		BODY PUMP 19:00								ABD 19:00	CICLO 19:00	ZUMBA 19:00		CLUB NATACIÓN										
19:15						YOGA 19:15										YOGA 19:15															
19:30			CICLO 19:30		AQUAGYM 19:30			CICLO 19:30		AQUAGYM 19:30		TONIFIC FITBALL 19:30	CICLO 19:30	BODY JAM 19:30	AQUAGYM 19:30					AQUAGYM 19:30		TONIFIC FITBALL 19:30	CICLO 19:30								
19:45																															
20:00		BODY COMBAT 20:00		BODY JAM 20:00			ABD 20:00		ZUMBA 20:00								GAP 20:00		BODY BALANCE 20:00					CROSS CIRCUIT 20:00							
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20:45																															
21:00			CICLO 21:00	BODY PUMP 21:00			BODY COMBAT 21:00	CICLO 21:00					CICLO 21:00	BODY PUMP 21:00				CICLO 21:00	BODY PUMP 21:00				VIRTUAL CYCLING 21:00								
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