HORARIO DE CLASES COLECTIVAS SMARTFIT VILLAVICIOSA

DEL 15 AL 28 DE JULIO

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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09:30			CICLO 09:30	YOGA-LATES 09:30				CICLO 09:30	BODY BALANCE 09:30				CICLO 09:30	GAP 09:30				CICLO 09:30	ZUMBA 09:30				CICLO 09:30								
09:45																															
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10:30		ZUMBA 10:30		BODY PUMP 10:30			TONIFIC FITBALL 10:30		BODY PUMP 10:30			BODY JAM 10:30		YOGA-LATES 10:30			BODY BALANCE 10:30		BODY PUMP 10:30					BODY PUMP 10:30							
10:45																															
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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												
19:15																															
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19:45																															
20:00		BODY COMBAT 20:00		BODY JAM 20:00					ZUMBA 20:00								GAP 20:00		BODY BALANCE 20:00												
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20:45																															
21:00			VIRTUAL CYCLING 21:00	BODY PUMP 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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