HORARIO DE CLASES COLECTIVAS SMARTFIT VILLAVICIOSA

NOVIEMBRE

SMARTFIT

	LUNES					MARTES				
	Estudio 1	Estudio 2	Sala Ciclo	Estudio 4	Piscina	Estudio 1	Estudio 2	Sala Ciclo	Estudio 4	Piscina
07:30			VIRTUAL CYCLING 07:30							
07:45										
08:00								VIRTUAL CYCLING 08:00		
08:15										
08:30										
08:45										
09:00										
09:15										
09:30			CICLO 09:30	YOGA-LATES 09:30				CICLO 09:30	BODY BALANCE 09:30	
09:45						YOGA 09:45				
10:00										
10:15										
10:30		ZUMBA 10:30		BODY PUMP 10:30	AQUAGYM 10:30		TONIFIC FITBALL 10:30		BODY PUMP 10:30	
10:45										
11:00			VIRTUAL CYCLING 11:00					VIRTUAL CYCLING 11:00		
11:15										
11:30					AQUAGYM 11:30		FLEXIBILITY 11:30			AQUAGYM 11:30
11:45										
12:00										
12:15										
12:30			VIRTUAL CYCLING 12:30					VIRTUAL CYCLING 12:30		
12:45										
13:00										
13:15										
13:30										
13:45										
14:00										
14:15										
14:30	CROSS CIRCUIT 14:30		VIRTUAL CYCLING 14:30					VIRTUAL CYCLING 14:30	TONIFIC 14:30	
14:45										
15:00										
15:15										
15:30										
17:00			VIRTUAL CYCLING 17:00					VIRTUAL CYCLING 17:00	BAILE MODERNO 17:00	
17:15										
17:30										
17:45										
18:00			CICLO 18:00	BODY PUMP 18:00		YOGA 18:00	BODY BALANCE 18:00	CICLO 18:00		
18:15										
18:30										
18:45										
19:00		TONIFIC FITBALL 19:00		BODY BALANCE 19:00			MEDITA 19:00		BODY PUMP 19:00	
19:15						YOGA 19:15				
19:30			CICLO 19:30		AQUAGYM 19:30		GAP 19:30	CICLO 19:30		AQUAGYM 19:30
19:45										
20:00		BODY COMBAT 20:00		BODY JAM 20:00					ZUMBA 20:00	
20:15										
20:30	CROSS CIRCUIT 20:30					CROSS CIRCUIT 20:30	FLEXIBILITY 20:30			
20:45										
21:00			VIRTUAL CYCLING 21:00	BODY PUMP 21:00				CICLO 21:00	GAP 21:00	
21:15										
21:30										
21:45										
22:00										

	MIERCOLES					JUEVES				
	Estudio 1	Estudio 2	Sala Ciclo	Estudio 4	Piscina	Estudio 1	Estudio 2	Sala Ciclo	Estudio 4	Piscina
07:30			VIRTUAL CYCLING 07:30							
07:45										
08:00								VIRTUAL CYCLING 08:00		
08:15										
08:30										
08:45										
09:00										
09:15										
09:30	CROSS CIRCUIT 09:30		CICLO 09:30	GAP 09:30			TONIFIC FITBALL 09:30	CICLO 09:30	ZUMBA 09:30	
09:45						YOGA 09:45				
10:00										
10:15										
10:30		BODY COMBAT 10:30		YOGA-LATES 10:30	AQUAGYM 11:30		BODY BALANCE 10:30		BODY PUMP 10:30	
10:45										
11:00			VIRTUAL CYCLING 11:00					VIRTUAL CYCLING 11:00		
11:15										
11:30				MEDITA 11:30	AQUAGYM 11:30		FLEXIBILITY 11:30		ABD 11:30	AQUAGYM 11:30
11:45										
12:00										
12:15										
12:30			VIRTUAL CYCLING 12:30					VIRTUAL CYCLING 12:30		
12:45										
13:00										
13:15										
13:30										
13:45										
14:00										
14:15										
14:30	CROSS CIRCUIT 14:30		VIRTUAL CYCLING 14:30					VIRTUAL CYCLING 14:30	BODY PUMP 14:30	
14:45										
15:00										
15:15										
15:30										
17:00			VIRTUAL CYCLING 17:00					VIRTUAL CYCLING 17:00		
17:15										
17:30							BAILE MODERNO 17:30			
17:45										
18:00		TONIFIC FITBALL 18:00	CICLO 18:00	BODY PUMP 18:00		YOGA 18:00		CICLO 18:00	GAP 18:00	
18:15										
18:30										
18:45										
19:00	PING PONG	ABD 19:00		FLEXIBILITY 19:00			MEDITA 19:00		ZUMBA 19:00	
19:15						YOGA 19:15				
19:30		BODY COMBAT 19:30	CICLO 19:30	BODY JAM 19:30	AQUAGYM 19:30		ABD 19:30	CICLO 19:30		AQUAGYM 19:30
19:45										
20:00	CLUB NATACIÓN						TONIFIC FITBALL 20:00		BODY BALANCE 20:00	
20:15										
20:30		SALSA BACHATA 20:30				CROSS CIRCUIT 20:30				
20:45										
21:00			CICLO 21:00	BODY PUMP 21:00				CICLO 21:00	BODY PUMP 21:00	
21:15										
21:30										
21:45										
22:00										

	VIERNES					SÁBADO			DOMINGO		
	Estudio 1	Estudio 2	Sala Ciclo	Estudio 4	Piscina	Estudio 2	Estudio 4	Sala Ciclo	Estudio 1	Estudio 0	Sala Ciclo
07:30			VIRTUAL CYCLING 07:30								
07:45											
08:00											
08:15											
08:30											
08:45											
09:00											
09:15											
09:30			CICLO 09:30	BODY BALANCE 09:30							
09:45											
10:00											
10:15											
10:30		BODY COMBAT 10:30		BODY PUMP 10:30	AQUAGYM 10:30						
10:45											
11:00			VIRTUAL CYCLING 11:00					CICLO 11:00			VIRTUAL CYCLING 11:00
11:15											
11:30		MEDITA 11:30			AQUAGYM 11:30						
11:45											
12:00							BODY PUMP 12:00				
12:15											
12:30			VIRTUAL CYCLING 12:30					VIRTUAL CYCLING 12:30			VIRTUAL CYCLING 12:30
12:45											
13:00											
13:15											
13:30											
13:45											
14:00											
14:15											
14:30	CROSS CIRCUIT 14:30		VIRTUAL CYCLING 14:30					VIRTUAL CYCLING 14:30			
14:45											
15:00											
15:15											
15:30											
17:00			VIRTUAL CYCLING 17:00					VIRTUAL CYCLING 17:00			
17:15											
17:30											
17:45											
18:00			CICLO 18:00	BODY PUMP 18:00							
18:15											
18:30											
18:45		TONIFIC FITBALL 19:00		BODY COMBAT 19:00							
19:00	CLUB NATACIÓN										
19:15											
19:30			VIRTUAL CYCLING 19:30								
19:45											
20:00				CROSS CIRCUIT 20:00							
20:15	PING PONG										
20:30											
20:45											
21:00			VIRTUAL CYCLING 21:00								
21:15											
21:30											
21:45											
22:00											