HORARIO DE CLASES COLECTIVAS SMARTFIT VILLAVICIOSA

DEL 23 AL 29 DE DICIEMBRE

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 2	Estudio 4	Sala Ciclo	Estudio 1	Estudio 0	Sala Ciclo
07:30			VIRTUAL CYCLING 07:30																				VIRTUAL CYCLING 07:30									
07:45																															
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08:30																															
08:45																															
09:00																															
09:15																															
09:30			CICLO 09:30	YOGA-LATES 09:30				CICLO 09:30	BODY BALANCE 09:30								TONIFIC FITBALL 09:30	CICLO 09:30					CICLO 09:30								
09:45						YOGA 09:45										YOGA 09:45															
10:00																															
10:15																															
10:30		ZUMBA 10:30		BODY PUMP 10:30			TONIFIC FITBALL 10:30		BODY PUMP 10:30								BODY BALANCE 10:30		BODY PUMP 10:30			BODY BALANCE 10:30		BODY PUMP 10:30							
10:45																															
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
11:15																															
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11:45																															
12:00																											BODY PUMP 12:00				
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14:30	CROSS CIRCUIT 14:30		VIRTUAL CYCLING 14:30															VIRTUAL CYCLING 14:30	TONIFIC 14:30		CROSS CIRCUIT 14:30		VIRTUAL CYCLING 14:30					VIRTUAL CYCLING 14:30			
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17:45																															
18:00			CICLO 18:00	BODY PUMP 18:00												YOGA 18:00		CICLO 18:00	GAP 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		TONIFIC FITBALL 19:00		BODY BALANCE 19:00															ZUMBA 19:00		CLUB NATACIÓN										
19:15																YOGA 19:15	ABD 19:30	CICLO 19:30		AQUAGYM 19:30			VIRTUAL CYCLING 19:30								
19:30			CICLO 19:30		AQUAGYM 19:30												TONIFIC FITBALL 20:00		BODY BALANCE 20:00					CROSS CIRCUIT 20:00							
19:45																															
20:00		BODY COMBAT 20:00		ZUMBA 20:00																											
20:15																															
20:30	CROSS CIRCUIT 20:30															CROSS CIRCUIT 20:30															
20:45																															
21:00			VIRTUAL CYCLING 21:00	BODY PUMP 21:00														VIRTUAL CYCLING 21:00	BODY PUMP 21:00				VIRTUAL CYCLING 21:00								
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