HORARIO DE CLASES COLECTIVAS SMARTFIT VILLAVICIOSA

DEL 7 DE ENERO AL 9 DE FEBRERO

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										VIRTUAL CYCLING 07:30								
07:45																															
08:00								VIRTUAL CYCLING 08:00										VIRTUAL CYCLING 08:00													
08:15																															
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09:15																															
09:30		TONIFIC FITBALL 09:30	CICLO 09:30	YOGA-LATES 09:30				CICLO 09:30	BODY BALANCE 09:30		CROSS CIRCUIT 09:30	GAP 09:30	CICLO 09:30	BODY PUMP 09:30			TONIFIC FITBALL 09:30	CICLO 09:30	ZUMBA 09:30		CROSS CIRCUIT 09:30		CICLO 09:30	BODY BALANCE 09:30						
09:45						YOGA 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			BODY COMBAT 10:30		YOGA-LATES 10:30	AQUAGYM 11:30		GAP 10:30		BODY PUMP 10:30			BODY COMBAT 10:30		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
11:15																															
11:30				FLEXIBILITY 11:30	AQUAGYM 11:30		FLEXIBILITY 11:30			AQUAGYM 11:30				MEDITA 11:30	AQUAGYM 11:30		ABD 11:30		BODY BALANCE 11:30	AQUAGYM 11:30		MEDITA 11:30			AQUAGYM 11:30						
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	BODY PUMP 14:30		CROSS CIRCUIT 14:30		VIRTUAL CYCLING 14:30					VIRTUAL CYCLING 14:30			
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15:00																															
15:15																															
15:30																															
17:00			VIRTUAL CYCLING 17:00					VIRTUAL CYCLING 17:00	BAILE MODERNO 17:00				VIRTUAL CYCLING 17:00					VIRTUAL CYCLING 17:00					VIRTUAL CYCLING 17:00					VIRTUAL CYCLING 17:00			
17:15																															
17:30																															
17:45																	BAILE MODERNO 17:30														
18:00		GAP 18:00	CICLO 18:00	BODY PUMP 18:00		YOGA 18:00	TONIFIC FITBALL 18:00	CICLO 18:00	BODY BALANCE 18:00			TONIFIC FITBALL 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			MEDITA 19:00		BODY PUMP 19:00		PING PONG	ABD 19:00		FLEXIBILITY 19:00			MEDITA 19:00		ZUMBA 19:00		CLUB NATACIÓN										
19:15						YOGA 19:15										YOGA 19:15															
19:30			CICLO 19:30		AQUAGYM 19:30		GAP 19:30	CICLO 19:30		AQUAGYM 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							VIRTUAL CYCLING 19:30				
19:45																															
20:00		BODY COMBAT 20:00		BODY JAM 20:00					ZUMBA 20:00		CLUB NATACIÓN						TONIFIC FITBALL 20:00		BODY BALANCE 20:00		CROSS CIRCUIT 20:00			BODY PUMP 20:00							
20:15																															
20:30	CROSS CIRCUIT 20:30					CROSS CIRCUIT 20:30	FLEXIBILITY 20:30					SALSA BACHATA 20:30				CROSS CIRCUIT 20:30															
20:45																															
21:00			VIRTUAL CYCLING 21:00	BODY PUMP 21:00				CICLO 21:00	GAP 21:00				CICLO 21:00	BODY PUMP 21:00				CICLO 21:00	BODY PUMP 21:00				VIRTUAL CYCLING 21:00									
21:15																															
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