

HORARIO DE CLASES COLECTIVAS

SmartFIT ONE - San Fernando

Agosto



SMARTFIT

YOUR WELLNESS TEAM

| | LUNES | | | MARTES | | | MIERCOLES | | | JUEVES | | | VIERNES | | | SABADO | | | DOMINGO | | |
|-------|-------------------|-------------|----------------|--------------------|-------------|----------------|-----------------|-------------|----------------|--------------------|-------------|----------------|--------------------|-------------|-------------|---------|------------|-------------|-----------------|------------|-----------------|
| | Estudio | Sala Ciclo | S. Fitness | Estudio | Sala Ciclo | S. Fitness | Estudio | Sala Ciclo | S. Fitness | Estudio | Sala Ciclo | S. Fitness | Estudio | Sala Ciclo | S. Fitness | Estudio | Sala Ciclo | S. Fitness | Estudio | Sala Ciclo | S. Fitness |
| 07:30 | | | | | | | | | | | | | | | | | | | | | |
| 07:45 | | | | | | | | | | | | | | | | | | | | | |
| 08:00 | | | | | | | | | | | | | | | | | | | | | |
| 08:15 | | | | | | | | | | | | | | | | | | | | | |
| 08:30 | | | | | | | | | | | | | | | | | | | | | |
| 08:45 | | | | | | | | | | | | | | | | | | | | | |
| 09:00 | | | | BODY PUMP 9:00 | | | | | | | | | | | | | | | | | |
| 09:15 | | | | | | | | | | | | | | | | | | | | | |
| 09:30 | BODY COMBAT 09:30 | CICLO 09:30 | | | | | BODY PUMP 09:30 | CICLO 09:30 | | BODY BALANCE 09:30 | CICLO 09:30 | | BODY BALANCE 09:30 | | | | | | | | |
| 09:45 | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | | | | GAP 10:00 | CICLO 10:00 | | | | | | | | | | | | | | | | |
| 10:15 | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | PILATES 10:30 | CICLO 10:30 | | ZUMBA 10:30 | | | ZUMBA 10:30 | | ABD 10:30 | ZUMBA 10:30 | | ABD 10:30 | ZUMBA 10:30 | CICLO 10:30 | | | | CICLO 10:30 | | | |
| 10:45 | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | CROSS SF 11:00 | | | | | | CROSS SF 11:00 | | | | | | | | | |
| 11:15 | | | | | | | | | | | | | | | | | | | | | |
| 11:30 | GAP 11:30 | | | PILATES 11:30 | | | PILATES 11:30 | | | | | | | GAP 11:30 | | | | | | | |
| 11:45 | | | | | | | | | | | | | | | | | | | ABD 11:30 | | BODY PUMP 11:30 |
| 12:00 | ABD 12:00 | | | | | | | | | | | | | | | | | | | | |
| 12:15 | | | | | | | | | | | | | | | | | | | BODY PUMP 12:00 | | |
| 12:30 | | | | | | | | | | | | | | | | | | | | | |
| 12:45 | | | | | | | | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | |
| 13:15 | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | | | | | | | | |
| 13:45 | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | |
| 14:15 | BODY PUMP 14:15 | | | | | | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | | | | | | | |
| 14:45 | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | | | |
| 17:15 | | | | | | | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | ZUMBA 18:00 | CICLO 18:00 | | BODY PUMP 18:00 | CICLO 18:00 | | PILATES 18:00 | CICLO 18:00 | | ZUMBA 18:00 | | | PILATES 18:00 | | | | | | | | |
| 18:15 | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | CICLO 18:30 | | | | | | | |
| 18:45 | | | | | | | | | | | | | | | | | | | | | |
| 19:00 | PILATES 19:00 | | | GAP 19:00 | | CROSS SF 19:00 | BODY PUMP 19:00 | | CROSS SF 19:00 | GAP 19:00 | | | BODY PUMP 19:00 | CICLO 19:00 | | | | | | | |
| 19:15 | | CICLO 19:15 | | | | | | | | | | | | | | | | | | | |
| 19:30 | | | | ABD 19:30 | CICLO 19:30 | | | | | ABD 19:30 | | | CROSS SF 19:30 | | | | | | | | |
| 19:45 | | | | | | | | | | | | | | | | | | | | | |
| 20:00 | GAP 20:00 | | | BODY BALANCE 20:00 | | | GAP 20:00 | | | BODY COMBAT 20:00 | | | CICLO 20:00 | | ZUMBA 20:00 | | | | | | |
| 20:15 | | | CROSS SF 20:15 | | | | | | | | | | | | | | | | | | |
| 20:30 | ABD 20:30 | CICLO 20:30 | | | | | ABD 20:30 | CICLO 20:30 | | | | | | | | | | | | | |
| 20:45 | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | BODY PUMP 21:00 | | | ZUMBA 21:00 | | | | | | BODY PUMP 21:00 | | | | | YOGA* | | | | | | |
| 21:15 | | | | | | | | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | | | | | | | | |
| 21:45 | | | | | | | | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | | | | | | | | |
| 22:15 | | | | | | | | | | | | | | | | | | | | | |
| 22:30 | | | | | | | | | | | | | | | | | | | | | |
| 22:45 | | | | | | | | | | | | | | | | | | | | | |

EL MEJOR FITNESS AL MEJOR PRECIO

*Actividad no incluida en el abono smartFIT



ACTIVIDADES COLECTIVAS

Duración: Clases de 45' o 30'.
Calentamiento previo al inicio de la actividad. Consulta a tu técnico.
Reserva de actividades: 2 horas antes en web y 1 hora antes en la instalación.

HORARIO DE APERTURA

Lunes a viernes: 07:30 - 23:00
 Sábados y Domingos: 09:00 - 15:00

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www.smartfit.es