

# HORARIO DE CLASES COLECTIVAS

## SMARTFIT RIVAS

### ABRIL



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

**ACTIVIDADES COLECTIVAS**  
 Duración: Clases de 45', 30' o 15'  
 Reserva de actividades: desde 2 horas antes en web o APP Smartfit Spain; o desde 1 hora y 15 minutos antes en la instalación.

**HORARIO DE APERTURA**  
 Lunes a viernes: 07:00 - 23:00  
 Sábados: 9:00 - 20:00  
 Domingos y festivos: 10:00 - 15:00

**YOUR WELLNESS TEAM**

