

HORARIO DE CLASES COLECTIVAS

SMARTFIT Málaga

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 |
| 07:30 | | | | | | | | | | | | | | | | | | | | | | |
| 07:45 | | | | | | | | | | | | | | | | | | | | | | |
| 08:00 | | | | | | | | | | | | | | | | | | | | | | |
| 08:15 | | | | | | | | | | | | | | | | | | | | | | |
| 08:30 | | | | | | | | | | | | | | | | | | | | | | |
| 08:45 | | | | | | | | | | | | | | | | | | | | | | |
| 09:00 | | | | | | | | | | | | | | | | | | | | | | |
| 09:15 | | | | | | | | | | | | | | | | | | | | | | |
| 09:30 | YOGA-LATES 09:30 | | | PILATES 09:30 | | | BODY PUMP 09:30 | | | ZUMBA 09:45 | CICLO 09:45 | | PILATES 09:30 | | | | | | | | | |
| 09:45 | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | | | | | CICLO 10:00 | | | | ZUMBA 10:30 | CICLO 10:30 | | | ABD 10:30 | | | | | | | | | |
| 10:15 | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | ZUMBA 10:30 | CICLO 10:30 | | ABD 10:30 | | | | | | | | | | | | | | | | | | |
| 10:45 | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | | | | | | | |
| 11:15 | | | | | | | | | | | | | | | | | | | | | | |
| 11:30 | B.COMBAT 11:30 | | | | | | | | | | | | | | | | | | | | | |
| 11:45 | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | | |
| 12:15 | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | | | | | | | | | | | | | | | | | | | | | | |
| 12:45 | | | | | | | | | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | | |
| 13:15 | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | | | | | | | | | |
| 13:45 | | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | | |
| 14:15 | | | | | | | | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | | | | | | | | |
| 14:45 | | | | | | | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | | | | | | | |
| 17:15 | | | | | | | | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | | | | | | | | | | | | | |
| 18:00 | BODY COMBAT 18:00 | | | ABD 18:00 | | | PILATES 18:00 | | | | | | | | | | | | | | | |
| 18:15 | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | | | | | | | |
| 18:45 | ZUMBA 18:45 | CICLO 18:45 | | | | | | | | | | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | | | | | | | |
| 19:15 | | | | | | | | | | | | | | | | | | | | | | |
| 19:30 | BODY PUMP 19:30 | | | | | | | | | | | | | | | | | | | | | |
| 19:45 | | | | | | | | | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | | | | | | | | | |
| 20:15 | | | | | | | | | | | | | | | | | | | | | | |
| 20:30 | PILATES 20:30 | CICLO 20:30 | | | | | | | | | | | | | | | | | | | | |
| 20:45 | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | | | | | | | |
| 21:15 | ABD 21:15 | | | | | | | | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | | | | | | | | | |
| 21:45 | | | | | | | | | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | | | | | | | | | |
| 22:15 | | | | | | | | | | | | | | | | | | | | | | |
| 22:30 | | | | | | | | | | | | | | | | | | | | | | |
| 22:45 | | | | | | | | | | | | | | | | | | | | | | |

ACTIVIDADES COLECTIVAS
 Duración: Clases de 45', 30' o 15'.
 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: 10:00 - 20:00
 Domingos y festivos: 10:00 - 15:00

YOUR WELLNESS TEAM

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 Gimnasio SmartFit Málaga