HORARIO DE CLASES COLECTIVAS SMARTFIT VILLAVICIOSA

DEL 28 DE JULIO AL 10 DE AGOSTO

SMARTFIT

	LUNES					MARTES					MIERCOLES					JUEVES					VIERNES					SABADO			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 2	Estudio 4	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																															
08:30																															
08:45																															
09:00																															
09:15																															
09:30			CICLO 09:30	BODY BALANCE 09:30			GAP 09:30	CICLO 09:30					CICLO 09:30	BODY PUMP 09:30				CICLO 09:30	BODY PUMP 09:30				CICLO 09:30	BODY BALANCE 09:30							
09:45																															
10:00																															
10:15																															
10:30		ZUMBA 10:30		BODY PUMP 10:30			TONIFIC FITBALL 10:30		BODY PUMP 10:30			GAP 10:30		BODY BALANCE 10:30			GAP 10:30		BODY BALANCE 10:30			BODY COMBAT 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					VIRTUAL CYCLING 11:00						CICLO 11:00			VIRTUAL CYCLING 11:00
11:15																															
11:30										AQUAGYM 11:30					AQUAGYM 11:30					AQUAGYM 11:30					AQUAGYM 11:30						
11:45																															
12:00																											BODY PUMP 12:00				
12:15																															
12:30			VIRTUAL CYCLING 12:30					VIRTUAL CYCLING 12:30					VIRTUAL CYCLING 12:30					VIRTUAL CYCLING 12:30					VIRTUAL CYCLING 12:30						VIRTUAL CYCLING 12:30			VIRTUAL CYCLING 12:30
12:45																															
13:00																															
13:15																															
13:30																															
13:45																															
14:00																															
14:15																															
14:30			VIRTUAL CYCLING 14:30					VIRTUAL CYCLING 14:30	TONIFIC 14:30				VIRTUAL CYCLING 14:30					VIRTUAL CYCLING 14:30	TONIFIC 14:30				VIRTUAL CYCLING 14:30						VIRTUAL CYCLING 14:30			
14:45																															
15:00																															
15:15																															
15:30																															
17:00			VIRTUAL CYCLING 17:00					VIRTUAL CYCLING 17:00					VIRTUAL CYCLING 17:00					VIRTUAL CYCLING 17:00					VIRTUAL CYCLING 17:00						VIRTUAL CYCLING 17:00			
17:15																															
17:30																															
17:45																															
18:00			CICLO 18:00	BODY PUMP 18:00			TONIFIC FITBALL 18:00	CICLO 18:00	BODY BALANCE 18:00			TONIFIC FITBALL 18:00	VIRTUAL CYCLING 18:00	BODY PUMP 18:00				CICLO 18:00					CICLO 18:00	BODY PUMP 18:00							
18:15																															
18:30																															
18:45																															
19:00		TONIFIC FITBALL 19:00		BODY BALANCE 19:00			GAP 19:00		BODY PUMP 19:00			ABD 19:00					GAP 19:00		ZUMBA 19:00			TONIFIC FITBALL 19:00		BODY COMBAT 19:00							
19:15																															
19:30			CICLO 19:30					VIRTUAL CYCLING 19:30					CICLO 19:30	BODY COMBAT 19:30				CICLO 19:30					VIRTUAL CYCLING 19:30								
19:45																															
20:00		BODY COMBAT 20:00		ZUMBA 20:00			ABD 20:00		TONIFIC FITBALL 20:00								TONIFIC FITBALL 20:00		BODY BALANCE 20:00					BODY PUMP 20:00							
20:15																															
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																															
21:30																															
21:45																															
22:00																															