HORARIO DE CLASES COLECTIVAS SMARTFIT VILLAVICIOSA

DEL 1 AL 7 DE DICIEMBRE

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								
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08:00								VIRTUAL CYCLING 08:00										VIRTUAL CYCLING 08:00													
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09:30		TONIFIC FITBALL 09:30	CICLO 09:30	YOGA-LATES 09:30			GAP 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							
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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 10:30		GAP 10:30		BODY PUMP 10:30	AQUAGYM 10:30	ABD 10:30	BODY COMBAT 10:30		BODY PUMP 10:30	AQUAGYM 10:30						
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11:00			VIRTUAL CYCLING 11:00					VIRTUAL CYCLING 11:00					VIRTUAL CYCLING 11:00					VIRTUAL CYCLING 11:00					VIRTUAL CYCLING 11:00						VIRTUAL CYCLING 11:00			VIRTUAL CYCLING 11:00
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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						
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17:00			VIRTUAL CYCLING 17:00				BAILE MODERNO 17:00	VIRTUAL CYCLING 17:00	GAP 17:00				VIRTUAL CYCLING 17:00				BAILE MODERNO 17:00	VIRTUAL CYCLING 17:00	TONIFIC 17:00				VIRTUAL CYCLING 17:00								
17:15																															
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18:00		GAP 18:00	CICLO 18:00	BODY PUMP 18:00			TONIFIC FITBALL 18:00	CICLO 18:00	BODY BALANCE 18:00			TONIFIC FITBALL 18:00	CICLO 18:00	BODY PUMP 18:00				VIRTUAL CYCLING 18:00	GAP 18:00			GAP 18:00	CICLO 18:00	BODY PUMP 18:00							
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19:00	ABD 19:00	TONIFIC FITBALL 19:00		BODY BALANCE 19:00			ABD 19:00		BODY PUMP 19:00			MEDITA 19:00		ABD 19:00			MEDITA 19:00		ZUMBA 19:00		ABD 19:00	TONIFIC FITBALL 19:00		BODY COMBAT 19:00							
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								TONIFIC FITBALL 20:00		BODY BALANCE 20:00		CROSS CIRCUIT 20:00			BODY PUMP 20:00							
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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									
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