

SMARTFIT

	LUNES					MARTES					MIÉRCOLES					JUEVES					VIERNES					SABADO			DOMINGO		
	MULTIUSO	WELLNESS	CICLO	MULTIUSO 2	PISCINA	MULTIUSO	WELLNESS	CICLO	MULTIUSO 2	PISCINA	MULTIUSO	WELLNESS	CICLO	MULTIUSO 2	PISCINA	MULTIUSO	WELLNESS	CICLO	MULTIUSO 2	PISCINA	MULTIUSO	WELLNESS	MULTIUSO 2	CICLO	WELLNESS	MULTIUSO 2	CICLO	WELLNESS	MULTIUSO 2	CICLO	
07:30			VIRTUAL CYCLING 07:30										VIRTUAL CYCLING 07:30						VIRTUAL CYCLING 07:30												
07:45																															
08:00								VIRTUAL CYCLING 08:00																							
08:15																															
08:30																															
08:45																															
09:00																															
09:15																															
09:30			CICLO 09:30	YOGA-LATES 09:30				CICLO 09:30	BODY BALANCE 09:30			GAP 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			BODY COMBAT 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		BODY BALANCE 10:30				VIRTUAL CYCLING 11:00						GAP 11:00	CICLO 11:00				VIRTUAL CYCLING 11:00	
11:15				FLEXIBILITY 11:30	AQUAGYM 11:30				FLEXIBILITY 11:30																						
11:30																															
11:45																															
12:00																															
12:15																															
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	BODY PUMP 14:30																						
14:45																															
15:00																															
15:15																															
15:30																															
16:00																															
16:30																															
17:00			VIRTUAL CYCLING 17:00					VIRTUAL CYCLING 17:00																							
17:15																															
17:30																															
17:45																															
18:00		GAP 18:00	CICLO 18:00	BODY PUMP 18:00			TONIFIC FITBALL 18:00	CICLO 18:00	BODY BALANCE 18:00																						
18:15																															
18:30																															