# HORARIO DE CLASES COLECTIVAS SMARTFIT VILLAVICIOSA

SMARTFIT

| | LUNES | | | | | MARTES | | | | | MIERCOLES | | | | | JUEVES | | | | | VIERNES | | | | | SÁBADO | | | 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 | BODY BALANCE 09:30 | | CROSS CIRCUIT 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 | | | | | | | |
| 09:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 | | ZUMBA 10:30 | | BODY PUMP 10:30 | AQUAGYM 10:30 | | TONIFIC FITBALL 10:30 | | BODY PUMP 10:30 | | | BODY COMBAT 10:30 | | BODY BALANCE 10:30 | AQUAGYM 10:30 | | GAP 10:30 | | BODY PUMP 10:30 | AQUAGYM 10:30 | | BODY COMBAT 10:30 | | BODY PUMP 10:30 | AQUAGYM 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 | | | | GAP 11:00 | CICLO 11:00 | | | CICLO 11:00 |
| 11:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30 | | | | FLEXIBILITY 11:30 | AQUAGYM 11:30 | | | | FLEXIBILITY 11:30 | AQUAGYM 11:30 | | | | BODY PUMP 11:30 | AQUAGYM 11:30 | | | | BODY BALANCE 11:30 | AQUAGYM 11:30 | | | | FLEXIBILITY 11:30 | AQUAGYM 11:30 | | | | | | |
| 11:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | | | | | | | | | | | ABD 12:00 | BODY PUMP 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 | | | | | CICLO 12:30 | | | VIRTUAL CYCLING 12:30 |
| 12:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | FLEXIBILITY 13:00 | | |
| 13:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:30 | CROSS CIRCUIT 14:30 | | VIRTUAL CYCLING 14:30 | | | | | VIRTUAL CYCLING 14:30 | TONIFIC 14:30 | | CROSS CIRCUIT 14:30 | | VIRTUAL CYCLING 14:30 | | | | | VIRTUAL CYCLING 14:30 | TONIFIC 14:30 | | CROSS CIRCUIT 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 | GAP 17:00 | | | | VIRTUAL CYCLING 17:00 | | | | | VIRTUAL CYCLING 17:00 | BODY PUMP 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 | | | TONIFIC FITBALL 18:00 | CICLO 18:00 | BODY PUMP 18:00 | | | | CICLO 18:00 | GAP 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 | | | ABD 19:00 | | BODY PUMP 19:00 | | | MEDITA 19:00 | | ABD 19:00 | | | MEDITA 19:00 | | ZUMBA 19:00 | | | GAP 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 | | | | | | | | | ZUMBA 20:00 | | | | | | | | TONIFIC FITBALL 20:00 | | BODY BALANCE 20:00 | | | | | | | | | | | | |
| 20:00 | | BODY COMBAT 20:00 | | BODY JAM 20:00 | | | | | | | | ZUMBA 20:30 | | | | | | | | | | ZUMBA 20:00 | | BODY PUMP 20:00 | | | | | | | |
| 20:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:30 | CROSS CIRCUIT 20:30 | | | | | CROSS CIRCUIT 20:30 | FLEXIBILITY 20:30 | | | | | | | FLEXIBILITY 20:30 | | CROSS CIRCUIT 20:30 | | | | | | | | | | | | | | | |
| 20:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:00 | | | VIRTUAL CYCLING 21:00 | BODY PUMP 21:00 | | | GAP 21:00 | CICLO 21:00 | BODY PUMP 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |