

	Lunes / Monday	Martes / Tuesday	Miercoles / Wednesday	Jueves / Thursday	Viernes / Friday	Sabado / Saturday
8:00		8:10 – 9:00 CrossCircuit		8:10 – 9:00 CrossCircuit	8:10 – 9:00 CrossCircuit	
9:00						
9:30	CoreStix	CrossFight	Pilates 1	GAP	Jumping 1	
10:30	Pilates 1	Pilates 2	Jumping 1	Cycling	Pilates Fusion	CoreStix
11:30	Stretch & Flow	Stretch & Flow	CrossFunc	Stretch & Flow	FitBall	SmartFit
12:30					Stretch&Flow	CrossFunc
13:30						
14:30						
15:30	CrossCircuit	SmartFit	CoreStix	CrossPower 1	CrossFunc	
16:30	CrossFunc	Cardio H.I.T. 25 min	SmartFit	CoreStix	Zumba	
17:30	Cross Power	Stretch & Flow	GAP	XtremeFIT	CrossPower 2	
18:30	Jumping 1	GAP	Pilates Fusion	CrossFight	CoreStix	
19:30	CrossTrain	XtremeFIT	CrossFight			
20:30						
21:30						

Lunes: 8:00-21:30
 Martes: 8:00-21:30
 Miércoles: 8:00-21:30
 Jueves: 8:00-21:30
 Viernes: 8:00-20:30
 Sabado: 10:30-13:30

CLUB FIT JAVEA
 C.C.Monver Xàbia
 C/Roma 3, 03730 Jávea
 Tel. 865 664 888
 Móv. 602 211 051
www.club-fit.eu
facebook.com/clubfit.eu