

	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	CrossFunc	Pilates 1	STRONG by Zumba 1	Jumping 2	
10:30	Pilates 1	Pilates 2 LaDanza! POWER	Jumping 1	Stretch & Flow SPIN	Pilates Fusion	CoreStix
11:30	Stretch & Flow	LaDanza 1	FitBall	CrossFunc	DrumBeats	SmartFit
12:30					LaDanza 1	CrossCircuit
13:30						
14:30						
15:30	CrossCircuit	LaDanza	CoreStix	CrossPower	CrossFunc	
16:30	CrossFunc	Cardio H.I.T. 25 min	DrumBeats	CoreStix	LaDanza 2	
17:30	LaDanza! 2	Stretch & Flow	CrossCircuit	CrossFight	CrossCircuit	
18:30	Jumping 2	GAP	Pilates Fusion LaDanza! POWER	LIVE DJ SPIN	CoreStix	
19:30	XtremeFIT	CrossFight 2	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 Xábia
 C/Roma 3, 03730 Jávea
 Tel. 865 664 888
 Móv. 602 211 051
 www.club-fit.eu
 facebook.com/clubfit.eu