

PROGRAMACIÓN AGOSTO - ABUZZTUA 2018

| | Aretoa Sala | Astelehena 30 julio | Astelehena 31 julio | Asteazkena Miercoles 1 | Osteguna Lunes 2 | Ostirala Viernes 3 | |
|-------|-------------|---------------------|---------------------|------------------------|-------------------|--------------------|-------------------------|
| 9:30 | 1 | Programación julio | Programación julio | Body Pump | | Body Combat | |
| | Cycling | | | Cycling virtual | Cycling virtual | Cycling premium | Cycling virtual |
| 10:30 | 1 | | | | Cycling premium | Cycling virtual | Cycling premium |
| | Cycling | | | | Estiramientos 30' | HIIT Training | ShBam |
| 11:30 | 1 | | | | | Estiramientos 30' | Estiramientos 30' |
| 17:30 | 1 | | | | Body Combat | Body Pump | |
| 18:30 | 1 | | | | ShBam | | Entrenamiento Funcional |
| | Cycling | | | | Cycling premium | Cycling premium | Cycling virtual |
| 19:30 | 1 | | Estiramientos 30' | | | | |
| | Cycling | | Cycling virtual | Cycling virtual | Cycling premium | | |

| | Aretoa Sala | Astelehena Lunes 6 | Astearte Martes 7 | Asteazkena Miercoles 8 | Osteguna Lunes 9 | Ostirala Viernes 10 |
|-------|-------------|--------------------|-------------------|-------------------------|-------------------------|---------------------|
| 9:30 | 1 | Bakh Xtreme | | Body Combat | | Body Pump |
| | Cycling | Cycling virtual | Cycling premium | Cycling virtual | Cycling premium | Cycling virtual |
| 10:30 | 1 | Cycling premium | Cycling virtual | Cycling premium | Cycling virtual | Cycling premium |
| | Cycling | | Body Balance | | Entrenamiento Funcional | |
| 11:30 | 1 | Estiramientos 30' | | Estiramientos 30' | | Estiramientos 30' |
| 17:30 | 1 | Body Combat | | Entrenamiento Funcional | | HIIT |
| 18:30 | 1 | | Body Pump | | Body Balance | |
| | Cycling | Cycling premium | Cycling virtual | Cycling premium | Cycling virtual | Cycling premium |
| 19:30 | 1 | Estiramientos 30' | | Estiramientos 30' | | Estiramientos 30' |
| | Cycling | Cycling virtual | Cycling premium | Cycling virtual | Cycling premium | Cycling virtual |

| | Aretoa Sala | Astelehena Lunes 13 | Astearte Martes 14 | Asteazkena Miercoles 15 | Osteguna Lunes 16 | Ostirala Viernes 17 | |
|-------|-------------|---------------------|--------------------|-------------------------|-------------------|---------------------|-------------------------|
| 9:30 | 1 | Body Pump | | festivo | | Body Combat | |
| | Cycling | Cycling virtual | Cycling premium | | Cycling premium | Cycling virtual | Cycling virtual |
| 10:30 | 1 | Cycling premium | Cycling virtual | | | Cycling premium | Cycling premium |
| | Cycling | | Bakh Xtreme | | | Body Balance | |
| 11:30 | 1 | Estiramientos 30' | | | | | Estiramientos 30' |
| 17:30 | 1 | Body Combat | | | | | Entrenamiento Funcional |
| 18:30 | 1 | | Body Balance | | | Body Pump | |
| | Cycling | Cycling premium | Cycling virtual | | Cycling premium | Cycling virtual | Cycling premium |
| 19:30 | 1 | Estiramientos 30' | | Estiramientos 30' | | Estiramientos 30' | |
| | Cycling | Cycling virtual | Cycling premium | Cycling virtual | Cycling premium | Cycling virtual | |

| | Aretoa Sala | Astelehena Lunes 20 | Astearte Martes 21 | Asteazkena Miercoles 22 | Osteguna Lunes 23 | Ostirala Viernes 24 |
|-------|-------------|-------------------------|--------------------|-------------------------|-------------------|---------------------|
| 9:30 | 1 | Entrenamiento Funcional | | Body Combat | | Body Pump |
| | Cycling | Cycling virtual | Cycling premium | Cycling virtual | Cycling premium | Cycling virtual |
| 10:30 | 1 | Cycling premium | Cycling virtual | Cycling premium | Cycling virtual | Cycling premium |
| | Cycling | | Body Balance | | Bakh Xtreme | |
| 11:30 | 1 | Estiramientos 30' | | Estiramientos 30' | | Estiramientos 30' |
| 17:30 | 1 | Body Pump | | Entrenamiento Funcional | | Body Combat |
| 18:30 | 1 | | Bakh Xtreme | | Body Balance | |
| | Cycling | Cycling premium | Cycling virtual | Cycling premium | Cycling virtual | Cycling premium |
| 19:30 | 1 | Estiramientos 30' | | Estiramientos 30' | | Estiramientos 30' |
| | Cycling | Cycling virtual | Cycling premium | Cycling virtual | Cycling premium | Cycling virtual |

| | Aretoa Sala | Astelehena Lunes 27 | Astearte Martes 28 | Asteazkena Miercoles 29 | Osteguna Lunes 30 | Ostirala Viernes 31 |
|-------|-------------|-------------------------|--------------------|-------------------------|-------------------------|-------------------------|
| 9:30 | 1 | Body Pump | | Body Pump | Entrenamiento Funcional | |
| | Cycling | Cycling virtual | Cycling premium | Cycling virtual | Cycling virtual | Cycling premium |
| 10:30 | 1 | Cycling premium | Cycling virtual | Cycling premium | Cycling premium | Cycling virtual |
| | Cycling | StenBakh | HIIT Training | | StenBakh | HIIT Training |
| 11:30 | 1 | Estiramientos 30' | Estiramientos 30' | Estiramientos 30' | Estiramientos 30' | Estiramientos 30' |
| 17:30 | 1 | | StenBakh | G.A.P | Body Pump | Entrenamiento Funcional |
| 18:30 | 1 | Entrenamiento Funcional | Body Pump | StenBakh | | |
| | Cycling | Cycling virtual | Cycling virtual | Cycling premium | Cycling premium | Cycling premium |
| 19:30 | 1 | Estiramientos 30' | Estiramientos 30' | Estiramientos 30' | Estiramientos 30' | |
| | Cycling | Cycling premium | Cycling premium | Cycling virtual | Cycling virtual | Cycling virtual |
