

PROGRAMACIÓN DE ACTIVIDADES BAKH JUNIO 2.020

	SALA	LUNES	SALA	MARTES	SALA	MIERCOLES	SALA	JUEVES	SALA	VIERNES	SALA	SABADO	DOMINGO
7:15 8:05	Cycling	Cycling Premium	2	Hiit trx	Cycling	Cycling Premium	2	Hiit trx	Cycling	Cycling Premium			
9:30 10:30	Cycling	Cycling Premium	Cycling	Cycling Premium	Cycling	Cycling Premium	Cycling	Cycling Premium	Cycling	Cycling Premium	3		
9:30 10:30	1	B. Pump	1	B. Combat	1	B. Pump	1	Bosu -Fitball	1	Sh Bam	1	AADD 10:00 11:00	AADD 10:00 11:00
9:30 10:30	3	Espalda Sana	Polideportivo 1	HIIT GRAVITY	3	Espalda Sana	Polideportivo 1	HIIT GRAVITY			Cycling	11:00-12:00 Cycling Premium	11:00-12:00 Cycling Premium
10:30 11:30			3	Espalda Sana			3	Espalda Sana	3	SeniorFit+ Movilidad articular			
10:30 11:30	2	Bosu -Fitball	2	Bosu -Fitball	2	Bosu -Fitball	2	Zumba	2	Entrenamiento Funcional			
11:30 12:30	3	SeniorFit+ Movilidad articular	Cycling	Cycling Premium	3	SeniorFit+ Movilidad articular	Cycling	Cycling Premium	1	Body Balance			
12:30 13:30	2	Calistenia	1	SeniorFit+ Movilidad articular	2	Calistenia	1	SeniorFit+ Movilidad articular					
13:45 14:30	Cycling	Cycling Premium			Cycling	Cycling Premium			1	Hiit Core			
14:30 15:20									2	CALISTENIA			
15:00 15:30	2	Hiit TRX	1	TONO XPRESS			1	TONO XPRESS					
15:30 16:20	1	Entrenamiento Funcional	2	CALISTENIA			2	CALISTENIA					
15:30 16:30	Polideportivo 1	HIIT GRAVITY	3	Espalda Sana	Polideportivo 1	HIIT GRAVITY	3	Espalda Sana					
15:45 16:35			Cycling	Cycling Premium			Cycling	Cycling Premium					
17:30 18:30	Polideportivo 1	HIIT GRAVITY	3	Espalda Sana	Polideportivo 1	HIIT GRAVITY	3	Espalda Sana					
17:45 18:35	1	Entrenamiento Funcional	1	B.PUMP	1	Sh' bam	1	Body Jam	1	Desafio Extremo			
17:40 18:30			Cycling	Cycling Premium			Cycling	Cycling Premium					
18:00 18:30	Outdoor	Entrenamiento outdoor extremo			Outdoor	Entrenamiento outdoor extremo							
18:00 19:00	Cycling	Cycling Premium			Cycling	Cycling Premium							
18:30 19:30	3	Espalda Sana	Polideportivo 1	GRAVITY-PILATES	3	Espalda Sana	Polideportivo 1	GRAVITY-PILATES					
18:30 19:20			2	Body balance			2	Body balance					
18:45 19:35	2	Body balance			2	Body balance							
19:35 20:25			Cycling	Cycling Premium			Cycling	Cycling Premium					
19:45 20:35	1	Body Combat	1	Body jam	1	Body jam	1	Body Pump	1	Zumba			
19:30 20:30	Polideportivo 1	HIIT GRAVITY			Polideportivo 1	HIIT GRAVITY			2	HIIT CORE			
20:00 20:50	Cycling	Cycling Premium			Cycling	Cycling Premium							
20:45 21:35	2	BAKH-FIT	3	Body balance	2	BAKH-FIT	3	Body balance					
20:45 21:35	3	Zumba	2	CALISTENIA AVANZADO	3	Zumba	2	CALISTENIA AVANZADO					