

AGOSTO 2023

Aretoa Sala	Asteartea Martes 1	Asteazkena Miércoles 2	Osteguna Jueves 3	Ostirala Viernes 4	Larunbata Sábado 5	Igandea Domingo 6
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
8:15-9:15	1	Body Balance Virtual	Sh'bam Virtual	Body Balance Virtual	Sh'bam Virtual	
9:30-10:30	1	Entrenam Funcional	Body Pump	Entrenam Funcional	Body Pump	Body Pump Virtual
	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling	Cycling Virtual
10:45-11:45	2	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling Virtual
	1		Calistenia		Entrenam Funcional	
	1	Body Pump	Body Balance	Body Pump	Body Balance	Body Combat Virtual
12:00-13:00	1	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	Cycling Virtual	Sh'bam Virtual
	Cycling	Cycling Virtual	Cycling	Cycling Virtual		
15:00-15:45	1	Entrenam Funcional		Entrenam Funcional		
15:30-16:30	1		G.A.P		Cycling Virtual	
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Body Balance Virtual	
16:45-17:35	1	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual	Entrenam Funcional	
17:45-18:45	1/2	GAP	Calistenia	GAP	Cycling Virtual	
18:35-19:25	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual		
19:00-20:00	1/2	CORE 30'	GAP	CORE 30'		
20:15-21:15	1	Body Pump Virtual	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual	

Aretoa Sala	Astelehena Lunes 7	Asteartea Martes 8	Asteazkena Miércoles 9	Osteguna Jueves 10	Ostirala Viernes 11	Larunbata Sábado 12	Igandea Domingo 13
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
8:15-9:15	1	Sh'bam Virtual	Body Balance Virtual	Sh'bam Virtual	Body Balance Virtual		
9:30-10:30	1	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	Body Balance Virtual
	2	Calistenia		Calistenia			
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:45-11:45	1,2	Entrenam Funcional	Body Balance Virtual	Entrenam Funcional	Body Balance Virtual	Entrenam Funcional	Body Combat Virtual
	1,2	Body Combat Virtual	HIIT	Body Combat Virtual	HIIT	Body Combat Virtual	Sh'bam Virtual
12:00-13:00	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
	Cycling	Body Pump Virtual	Body Combat Virtual	Body Pump	Body Combat Virtual		
15:30-16:30	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	1	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	
17:45-18:45	1	Body Pump	Body Jam	Entrenam Funcional	Body Jam	G.A.P	
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
19:00-20:00	2	Calistenia	Calistenia	Calistenia			
19:00-20:00	1	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual		
20:15-21:15	1	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual	

Aretoa Sala	Astelehena Lunes 14	Asteartea Martes 15	Asteazkena Miércoles 16	Osteguna Jueves 17	Ostirala Viernes 18	Larunbata Sábado 19	Igandea Domingo 20
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
8:15-9:15	1	Sh'bam Virtual	Body Balance Virtual	Sh'bam Virtual	Body Balance Virtual		
9:30-10:30	1	Body Pump Virtual	Body Pump Virtual	Body Pump Virtual	Body Pump Virtual	Body Pump Virtual	Body Balance Virtual
	2	Calistenia		Calistenia			
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:45-11:45	1	Entrenam Funcional	Body Combat Virtual	Entrenam Funcional	Sh bam virtual	Entrenam Funcional	Body Combat Virtual
	1	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Sh'bam Virtual
12:00-13:00	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
	Cycling	Body Pump Virtual	Sh'bam Virtual	Body Balance Virtual	Body Combat Virtual		
15:30-16:30	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	1	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	
17:45-18:45	1	Body Pump	Body Pump Virtual	G.A.P	Entrenam Funcional	G.A.P	
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
19:00-20:00	2	Calistenia	Body Pump Virtual	Calistenia	Calistenia		
19:00-20:00	1	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	
20:15-21:15	1	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	

Aretoa Sala	Astelehena Lunes 21	Asteartea Martes 22	Asteazkena Miércoles 23	Osteguna Jueves 24	Ostirala Viernes 25	Larunbata Sábado 26	Igandea Domingo 27
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
8:15-9:15	1	Sh'bam Virtual	Body Balance Virtual	Sh'bam Virtual	Body Balance Virtual		
9:30-10:30	1	Body Pump Virtual	Body Pump Virtual	Body Pump Virtual	Body Pump Virtual	Body Pump Virtual	Body Balance Virtual
	2	Calistenia		Calistenia			
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:45-11:45	1	Entrenam Funcional	Body Combat Virtual	Entrenam Funcional	Sh bam virtual	Entrenam Funcional	Body Combat Virtual
	1	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Sh'bam Virtual
12:00-13:00	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
	Cycling	Body Pump Virtual	Sh'bam Virtual	Body Balance Virtual	Body Combat Virtual		
15:30-16:30	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	1	Body Balance Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual	Body Balance Virtual	
17:45-18:45	1	Entrenam Funcional	G.A.P	Entrenam Funcional	Entrenam Funcional	Entrenam Funcional	
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
19:00-20:00	2	Calistenia	Calistenia	Calistenia	Calistenia		
19:00-20:00	1	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	
20:15-21:15	1	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	

Aretoa Sala	Astelehena Lunes 28	Asteartea Martes 29	Asteazkena Miércoles 30	Osteguna Jueves 31
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
8:15-9:15	1	Sh'bam Virtual	Body Balance Virtual	Sh'bam Virtual
9:30-10:30	1	Body Pump	Body Combat	Body Pump
	2	Calistenia		Calistenia
	Cycling	Cycling	Cycling	Cycling
10:45-11:45	1	Cycling Virtual	Cycling Virtual	Cycling Virtual
	1	Body Balance	Body Balance	Body Balance
12:00-13:00	1	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
15:00-15:45	1		Entrenam Funcional	Entrenam Funcional
15:30-16:30	1	G.A.P		G.A.P
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
16:45-17:35	1	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual
	2	Calistenia	Calistenia	Calistenia
17:45-18:45	1	Entrenamiento funcional	Body Balance	Entrenamiento funcional
18:30-19:30	Cycling	Cycling	Cycling	Cycling
19:00-20:00	1	B.balance	CORE 30'	Sh'bam
20:20-21:20	1	Body Pump Virtual	Body Pump Virtual	Body Pump Virtual