

PROGRAMACIÓN ACTIVIDADES DEL 4 AL 10 DE DICIEMBRE 2017 / JARDUERA PROGRAMAKETA - ABENDUAK 2017

| | Aretoa Sala | Astelehena Lunes | Astearte Martes | Asteazkena Miércoles | Osteguna Jueves | Ostirala Viernes | Larunbata Sábado | Igandea Domingo |
|-------------|----------------|-------------------------|----------------------|-------------------------|-------------------------------------|---------------------|-------------------------|--------------------|
| 7:15-8:05 | Cycling 1 | Cycling PREMIUM | Gravity (7:05-8:00) | | Hiit Training | | | |
| 8:00-8:45 | Piscina 3 | | Aquafitness | | Aquafitness | | | |
| 08:30-09:30 | | | Yoga Terapéutico | | | | | |
| 9:15-10:05 | Cycling | Cycling virtual | | | | | | |
| 9:30-10:20 | Piscina | Aquagym | | | | | | |
| 9:30-10:20 | Cycling | Cycling PREMIUM | Cycling PREMIUM | | Cycling PREMIUM | | | |
| 9:30-10:20 | 1 | Body Pump | Body Combat | | Bakh-Xtreme | | | |
| 09:30-10:25 | 3 | Espalda sana-Gravity | Gravity | | | | | |
| 9:45-10:15 | 2 | Trx | Tono xpress | | Tono xpress | | | |
| 10:00-10:55 | 2 | | | | | | Pilates suelo | |
| 10:00-11:00 | 1 | | | Entrenamiento Funcional | | GAP | Entrenamiento Funcional | GAP |
| 10:15-11:05 | Cycling | Cycling VIRTUAL | | | | | | |
| 10:30-11:00 | 2 | Movilidad Articular | | | | | | |
| 10:30-11:20 | Cycling 1 | | Cycling virtual | | Cycling virtual | | | |
| | | | Bosu-Fitball | | Sh'bam | | | |
| 10:30-11:25 | 3 | Gravity | Espalda sana-Gravity | | Espalda sana | | | |
| 11:05 | Cycling | | | Cycling Premium | | Cycling Premium | Cycling PREMIUM | Cycling PREMIUM |
| 11:30-12:00 | 1 | | | | | | | |
| 12:15-13:00 | Piscina | | | | | | Aquafitness | |
| 13:45-14:00 | 1 | | Core | | Core | | | |
| 13:45-14:30 | Cycling | Cycling PREMIUM | | | | | | |
| 14:00-14:45 | Cycling | | Cycling virtual | | Cycling virtual | | | |
| 15:00-15:30 | 2 | Hiit Trx | Tono xpress | | Tono xpress | | | |
| 15:15-16:00 | Piscina | | | | | | | |
| 15:30-16:20 | 1 | Entrenamiento Funcional | | | | | | |
| 15:35-16:25 | Cycling | Cycling virtual | Cycling PREMIUM | | Cycling PREMIUM | | | |
| 17:35-18:25 | Cycling | | Cycling PREMIUM | | Cycling PREMIUM | | | |
| 17:45-18:35 | 1 | Entrenamiento Funcional | Body Pump | | Militar Pump (Sala1) 17:45-18:30 | | | |
| 17:45-18:40 | 3 | Gravity-Pilates | Espalda sana-Gravity | | Espalda sana-Gravity | | | |
| 18:00-18:30 | 2 | Militar bakhfit | Piernas | | | | | |
| 18:00-18:45 | Exterior | Running 0,0 | | | | | | |
| 18:00-18:50 | Cycling | Cycling PREMIUM | | | | | | |
| 18:00-18:50 | 3 | | | | | | | |
| 18:30-19:20 | 4 | | | | | | | |
| 18:35-19:25 | Cycling | | Cycling PREMIUM | | Cycling PREMIUM | | | |
| 18:30-19:30 | 2 | | Body Balance | | Body Balance (Sala1) | | | |
| 18:45-19:15 | 2 | CrossbakhFit iniciación | | | | | | |
| 18:45-19:35 | 1 | Body Balance | Body Jam | | | | | |
| 18:45-19:40 | 3 | Espalda sana-Gravity | Gravity-Pilates | | | | | |
| 18:45-19:45 | Exterior | Running medio avanzado | | | | | | |
| 19:00-19:50 | Cycling | Cycling PREMIUM | | | | | | |
| 19:15-19:45 | 2 | Hiit Core | | | | | | |
| 19:30-20:00 | 2 | | Tabata BakhFit | | Jumping bakhfit | | | |
| 19:30-20:20 | Cycling | | Cycling PREMIUM | | Cycling VIRTUAL | | | |
| 19:45-20:35 | 3 | | Zumba | | | | | |
| 19:45-20:30 | Piscina | | Aquafitness | | Aquafitness | | | |
| 19:45-20:35 | 1 | Body Combat | Body Pump | | Body Pump | | | |
| 19:45-20:40 | 3 | Gravity | | | | | | |
| 19:45-20:45 | 2 | CrossbakhFit | | | | | | |
| 19:45-20:45 | Exterior | Running Avanzado | | | | | | |
| 20:00-20:50 | Cycling | Cycling PREMIUM | | | | | | |
| 20:00-20:30 | 2 | | Jumping bakhfit | | Tabata bakhfit | | | |
| 20:35-21:25 | Cycling | | Cycling virtual | | Cycling virtual | | | |
| 20:45-21:15 | 3 | Core | | | | | | |
| 20:45-21:35 | 1 | Zumba | | | | | | |
| | 2 | CrossbakhFit | | | | | | |

Clasificación de las clases

Tonificación muscular

Body Pump, Bakh Extreme, Bosu-Fitball, Body Combat, Trx, Hiit Trx, Hiit Core, Entrenamiento funcional, Militar BakhFit.

Tonificación express

Core, Piernas, Tono Express.

Resistencia

CrossBakhfit, Hiit, Jumping Bakh Fit, Desafio Extremo, Tabata BakhFit.

Baile y coreografiadas

Sh'bam, Body Jam, Zumba

Cuerpo -Mente






Body Balance, Movilidad Articular

Cardiovasculares

Cycling, , Cycling virtual, Running, Tabata BakhFit.

Corpore Sano

Yoga terapéutico, Gravity, Espalda Sana-Gravity, Hipopélicos, Gravity-Pilates. *(Actividades personalizadas con tarifa adicional. Consulta en recepción)*

| | |
|---|-----------------------|
|  | CLASES DE BAILE |
|  | CYCLING |
|  | TONIFICACIÓN + CARDIO |
|  | CORPORE SANO |
|  | CAMBIOS |