

FITNESS NOVIEMBRE 2023

Aretoa Sala	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo
7:15 - 8:05	Cycling 1-2.	Cycling	Cycling Virtual Hiit Training	Cycling	Cycling Virtual Multi Training		
8:00 - 8:45	Piscina		Aqua fitness	Aqua fitness			
8:30 - 9:00	2	Gluteos 30´		Gluteos 30´			
8:30 - 9:00	Corpore	Hipopélvicos		Hipopélvicos			
8:30 - 9:25	3		Espalda sana-gravity	Espalda sana-gravity			
9:00 - 9:25	1	Técnica Body Pump		Técnica Body Pump			
	Cycling		Tecnica Cycling	Tecnica Cycling			
9:15 - 10:05	Piscina		Aqua Balance	Aqua Balance			
9:30 - 10:15	Piscina	Aqua fitness		Aqua fitness			
	1	Body Pump	Body Combat	Body Pump	Bosu Fitball	Sh'bam	
	Corpore	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	
	2		Iniciación CROSSTRAINIG		Iniciación CROSSTRAINIG		
	Cycling	Cycling	Cycling	Cycling	Cycling		
10:15 - 11:15	1					Actividad Dirigida	Actividad Dirigida
10:30 - 11:30	2	Calistenia		Calistenia			
	Fit Studio	AmaFit		AmaFit			
	Corpore	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity		
	1	Bosu Fitball	Body Pump	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional	
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
11:00 - 11:30	2		Reto Hiit		Reto Hiit		
11:20 - 12:10	Cycling					Cycling	Cycling
11:35 - 12:25	1	Senior Fit		Senior Fit			
11:45 - 12:35	1		Movilidad Articular		Movilidad Articular		
11:45 - 12:35	Cycling		Cycling Virtual		Cycling Virtual		
12:15 - 13:00	Piscina					Aqua fitness	
13:45 - 14:15	1		HIIT Core		HIIT Core		
14:15 - 15:00	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
13:45 - 14:35	2	Funcional HIIT		Funcional HIIT		Funcional HIIT	
14:35 - 15:25	2					Calistenia	
15:00 - 15:45	1		Entrenamiento funcional		Entrenamiento funcional		
15:30 - 16:25	1	Entrenamiento Funcional		Entrenamiento funcional		G.A.P	
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
	Corpore	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	
15:45 - 16:45	2		Calistenia		Calistenia		
16:30 - 17:25	Corpore	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity		
16:30 - 17:00	Fit Studio		Hipopélvicos		Hipopélvicos		
17:00 - 17:30	Fit Studio	Hipopélvicos		Hipopélvicos			
17:30 - 18:00	Fit Studio	Hipopélvicos		Hipopélvicos			
17:00 - 17:45	2		Latin Bakh				
17:15 - 18:10	Cycling	Cycling Virtual		Cycling Virtual			
17:30 - 18:15	2	Técnica Calistenia		Técnica Calistenia		G.A.P	
	1	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional	Body Pump	Desafío Extremo	
	Cycling		Cycling		Cycling		Cycling Virtual
	Corpore	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	Cycling Virtual
17:45 - 18:25	2		G.A.P				
17:45 - 18:45	Hall	Running Bakh Iniciacion		Running Bakh Iniciacion			
18:15 - 18:45	2	Calistenia		Calistenia			
	Cycling	Cycling	Cycling	Cycling	Cycling		
	1	Body Balance	Body Jam	Body Combat	Body Jam		
	Corpore	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	
18:30 - 19:25	Fit Studio		AmaFit		AmaFit		
18:35 - 19:35	2		Body Balance		Body Balance		
18:45 - 19:45	Hall	Running Bakh Medios / Avanzados		Running Bakh Medios / Avanzados			
18:45 - 19:15	2	Reto Hiit		Reto Hiit		Hiit Core 30´	
19:30 - 20:00	2	Core		Core			
19:30 - 20:30	1	Body Combat		Sh'bam			
19:30 - 20:25	Corpore	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity		
19:35 - 20:25	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
19:45 - 20:45	1		Body Pump		Body Pump		
20:00 - 21:00	1					Latin Bakh	
20:00 - 20:50	Piscina		Aqua fitness		Aqua fitness		
20:00 - 20:45	2		Calistenia		Calistenia		
20:30 - 21:15	Corpore		Body Balance		Body Balance		
20:45 - 21:45	1	Latin Bakh		Latin Bakh			

TONIFICACIÓN MUSCULAR	RESISTENCIA	CLASES EXPRESS	CUERPO - MENTE	CARDIOVASCULARES	BAILE Y COREOGRAFÍA	CORPORE SANO
Entrenamiento Funcional	Desafío Extremo	Clases de Técnica	Movilidad Articular	Cycling	Latin Bakh	Espalda sana - Gravity
Trx + Movilidad Articular	Funcional HIIT	Hiit Core	Body Balance	Técnica Cycling	Step Bakh	Gravity-Pilates
Funcional HIIT	Body Combat	Core	Aqua Balance	Cycling Virtual	Body Jam	Pilates Suelo
Body Combat	Hiit Training	GLUTEOS 30´		Running Bakh	Sh´bam	Hipopélvicos
Bosu Fitball	Hiit-Gravity					Hiit-Gravity
Body Pump	Body Pump					Ama Fit
Trx Core	Calistenia					
Hiit Trx	Trx Core					
G.a.p	Reto Hiit					
Iniciación CROSSTRAINING						