

FITNESS ENERO 2023



	Aretoa Sala	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo
7:15 - 8:05	Cycling	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling		
	1-2		Hiit Training		Multi Training			
8:00 - 8:30	3	Hipopélvicos		Hipopélvicos		Hipopélvicos		
8:00 - 8:45	Piscina		Aqua fitness		Aqua fitness			
8:30 - 9:00	3	Hipopélvicos		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 - 10:00	Fit Studio	Hipo-Baby		Hipo-Baby				
9:30 - 10:15	Piscina	Aqua fitness		Aqua fitness		Aqua fitness		
9:30 - 10:30	1	Body Pump	Body Combat	Body Pump	Bosu Fitball	Sh'bam		
	3	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity		
	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling		
10:00 - 10:30	Fit Studio	Hipo-Baby		Hipo-Baby				
10:15 - 11:15	1						Actividad Dirigida	Actividad Dirigida
10:30 - 11:30	2	Calistenia		Calistenia				
	Fit Studio	AmaFit		AmaFit				
10:30 - 11:25	3	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		Body Balance		
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			
13:45 - 14:35	Cycling	Cycling Virtual		Cycling Virtual				
	2	Funcional HIIT		Funcional HIIT		Funcional HIIT		
14:35 - 15:25	2					Calistenia		
15:00 - 15:45	1		Entrenamiento funcional		Entrenamiento funcional			
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30 - 16:25	3	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity		
	1	Entrenamiento Funcional		Body Pump 45'		G.a.p		
15:45 - 16:45	2		Calistenia		Calistenia			
16:30 - 17:25	3	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity			
16:30 - 17:25	Fit Studio		AmaFit		AmaFit			
17:00 - 17:30	Fit Studio	Hipopélvicos		Hipopélvicos				
17:00 - 17:45	2		Latin Bakh					
17:15 - 18:10	Cycling	Cycling Virtual		Cycling Virtual				
17:30 - 18:00	Fit Studio	Hipopélvicos		Hipopélvicos				
17:30 - 18:15	2	Técnica Calistenia		Técnica Calistenia		G.A.P		
	1	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional	Body Pump	Desafío Extremo		
17:30 - 18:25	Cycling		Cycling		Cycling			
	3	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates		
17:45 - 18:30	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	Cycling		
18:30 - 19:25	1	Body Balance	Body Jam	Body Combat	Body Jam			
	3	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity		
	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 - 20:25	3	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 Combat	Body Pump	Sh'Bam	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	3		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	Running Bakh	Core	Aqua Balance	Cycling Virtual	Body Jam	Embarazo Fit
Body Combat	Body Combat			Running Bakh	Sh 'b'am	Pilates Suelo
Bosu Fitball	Hiit Training					Hipopélvicos
Body Pump	Hiit-Gravity					Hiit-Gravity
Trx Core	Body Pump					Ama Fit
Hiit Trx	Calistenia					Hipo-Baby
G.a.p	Trx Core					
	Reto Hiit					