

FITNESS MARZO 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	Corpore		Hipopélvicos		Hipopélvicos			
8:00 - 8:45	Piscina		Aqua fitness		Aqua fitness			
8:30 - 9:00	Corpore	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		
	Corpore	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	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		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			
15:30 - 16:25	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
	Corpore	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	Corpore	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			
17:30 - 18:25	1	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional	Body Pump	Desafio Extremo		
	Cycling		Cycling		Cycling		Cycling Virtual	Cycling Virtual
	Corpore	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				
18:30 - 19:25	Cycling	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		
	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	Desafio 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´bam	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					