

FITNESS MAYO 2023



Aretoa Sala	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo
7:15 - 8:05	Cycling	Cycling Virtual	Cycling	Cycling Virtual	Cycling		
8:00 - 8:30	1-2	Hiit Training		Multi Training			
8:00 - 8:45	Corpore	Hipopélvicos		Hipopélvicos			
8:30 - 9:00	Piscina	Aqua fitness		Aqua fitness			
8:30 - 9:25	Corpore	Hipopélvicos		Hipopélvicos		Hipopélvicos	
9:00 - 9:25	3	Espalda sana-gravity		Espalda sana-gravity			
9:15 - 10:05	1	Técnica Body Pump		Técnica Body Pump			
9:30 - 10:00	Cycling	Tecnica Cycling		Tecnica Cycling			
9:30 - 10:15	Piscina	Aqua Balance		Aqua Balance			
9:30 - 10:30	Fit Studio	Hipo-Baby		Hipo-Baby			
10:00 - 10:30	1	Aqua fitness		Aqua fitness		Aqua fitness	
10:15 - 11:15	Corpore	Body Pump	Body Combat	Body Pump	Bosu Fitball	Sh'bam	
10:30 - 11:30	Corpore	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	
10:30 - 11:25	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling	
11:00 - 11:30	Fit Studio	Hipo-Baby		Hipo-Baby			
11:20 - 12:10	1					Actividad Dirigida	Actividad Dirigida
11:35 - 12:25	2	Calistenia		Calistenia			
11:45 - 12:35	Fit Studio	AmaFit		AmaFit			
12:15 - 13:00	Corpore	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity		
13:45 - 14:15	1	Bosu Fitball	Body Pump	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional	
14:15 - 15:00	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
14:35 - 15:25	2		Reto Hiit		Reto Hiit		
15:00 - 15:45	1	Senior Fit		Senior Fit		Body Balance	
15:30 - 16:25	1		Movilidad Articular		Movilidad Articular		
16:30 - 17:25	Cycling	Cycling Virtual		Cycling Virtual			
17:00 - 17:30	Piscina					Aqua fitness	
17:30 - 18:15	1	HIIT Core		HIIT Core			
17:30 - 18:25	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
17:45 - 18:30	2	Funcional HIIT		Funcional HIIT		Funcional HIIT	
18:30 - 19:25	2					Calistenia	
18:45 - 19:45	1	Entrenamiento Funcional	Entrenamiento funcional	Entrenamiento funcional	Entrenamiento funcional		
19:30 - 20:00	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
19:30 - 20:25	Corpore	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	
20:00 - 21:00	2						
20:00 - 20:50	1	Running Bakh Inicacion		Running Bakh Inicacion			
20:30 - 21:15	Hall	Calistenia		Calistenia			
20:45 - 21:45	2						
21:00 - 21:45	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling	
21:15 - 22:00	1	Body Balance	Body Jam	Body Combat	Body Jam		
21:30 - 22:15	Corpore	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	
22:00 - 22:45	Fit Studio		AmaFit		AmaFit		
22:30 - 23:15	2		Body Balance		Body Balance		
23:00 - 23:45	Hall	Running Bakh Medios / Avanzados		Running Bakh Medios / Avanzados			
23:30 - 24:15	2	Reto Hiit		Reto Hiit		Hiit Core 30'	
24:00 - 24:45	2	Core		Core			
24:30 - 25:15	1	Body Combat		Sh'bam			
25:00 - 25:45	Corpore	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity		
25:30 - 26:15	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
26:00 - 26:45	1		Body Pump		Body Pump		
26:30 - 27:15	1					Latin Bakh	
27:00 - 27:45	Piscina		Aqua fitness		Aqua fitness		
27:30 - 28:15	2		Calistenia		Calistenia		
28:00 - 28:45	Corpore		Body Balance		Body Balance		
28:30 - 29:15	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 '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					