



FITNESS JULIO 2022

	Aretoa Sala	Astelehena Lunes	Astearte Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes
7:15 - 8:05	Cycling	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Premium
	1-2		Hiit Trx		Multi Training	
8:00 - 8:30	3		Hipopélicos		Hipopélicos	
8:00 - 8:50	Piscina		Aqua fitness		Aqua fitness	
8:30 - 9:00	3	Hipopélicos		Hipopélicos		Hipopélicos
9:00 - 9:25	1	Técnica Body Pump		Técnica Body Pump		
	Cycling		Tecnica Cycling		Tecnica Cycling	
9:15 - 10:05	Piscina	Aqua fitness	Aqua Balance	Aqua fitness	Aqua Balance	Aqua fitness
	1	Body Pump	Body Combat	Body Pump	Bosu Fitball	Sh'bam
9:30 - 10:30	3	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity
	Cycling	Cycling Premium	Cycling Premium	Cycling Premium	Cycling Premium	Cycling Premium
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	Movilidad Articular 30'
	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	
11:35 - 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	
13:45 - 14:15	1		HIIT Core		HIIT Core	
13:45 - 14:35	Cycling	Cycling Virtual		Cycling Virtual		
	2	Funcional HIIT		Funcional HIIT		Trx Core
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		
16:30 - 17:25	Fit Studio		AmaFit		AmaFit	
17:00 - 18:00	Hall	Running Bakh Iniciacion		Running Bakh Iniciacion		
17:00 - 17:30	Fit Studio	Hipopélicos		Hipopélicos		
17:00 - 17:45	2		Latin Bakh			
17:15 - 18:10	Cycling	Cycling Virtual		Cycling Virtual		
17:30 - 18:00	Fit Studio	Hipopélicos		Hipopélicos		
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 Premium		Cycling Premium	
	3	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates
17:45 - 18:30	2		G.a.p			
18:00 - 18:30	Fit Studio	Running Bakh Tecnificacion		Running Bakh Tecnificacion		
18:15 - 18:45	2	Calistenia		Calistenia		
	Cycling	Cycling Premium	Cycling Premium	Cycling Premium	Cycling Premium	Cycling Premium
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	
18:30 - 19:30	Hall	Running Bakh Intermedios/Avanzados		Running Bakh Intermedios/Avanzados		
18:35 - 19:35	2		Body Balance		Body Balance	
18:45 - 19:15	2	Reto Hiit		Reto Hiit		Hiit Core 30'
19:30 - 20:00	2	Trx Core		Trx 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 - 20:45	2		Calistenia		Calistenia	
20:30 - 21:15	3		Body Balance		Body Balance	
20:45 - 21:45	1	Latin Bakh		Latin Bakh		

	NOVEDADES / MODIFICACIONES
	CLASES CON TARIFA ADICIONAL
	CLASES CYCLING - CUOTA PREMIUM
	RUNNING- CUOTA FITNESS/PREMIUM INCLUIDO / BÁSICOS- CUOTA ADICIONAL

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