

AGOSTO 2019

	Aretoa Sala	Astelehena 29 julio	imparte la clase	Astelehena 30 julio	imparte la clase	Asteazkena 31 julio	imparte la clase	Osteguna Jueves 1	imparte la clase	Ostirala Viernes 2	imparte la clase				
9:30	1	Programación julio		Programación julio		Programación julio				HITT Training	Bea				
	Cycling											Cycling premium	Sergio	Cycling virtual	Virtual
10:30	1											Cycling virtual	Virtual	Cycling premium	Sergio
	Cycling											HITT Trx	Bea	Shibam	Rakel
11:30	1											Movilidad articular 30'	Bea	Body Balance	Bea
	Cycling											Body Balance	Rakel	Entrenamiento funcional	Carol
17:30	1											Body Jam	Victor	Body Pump	Carol
	Cycling											Cycling premium	Carol	Cycling virtual	Virtual
18:30	1					Body Combat									
	Cycling					Cycling virtual	Virtual	Cycling premium	Carol						

	Aretoa Sala	Astelehena Lunes 5		Astearteia Martes 6		Asteazkena Miercoles 7		Osteguna Jueves 8		Ostirala Viernes 9			
9:30	1	Festivo				FIT combat CORE	July			Entrenamiento Funcional	July		
	Cycling					Cycling premium	July	Cycling virtual	Virtual	Cycling premium	July	Cycling virtual	Virtual
10:30	1					Cycling virtual	Virtual	Cycling premium	July	Cycling virtual	Virtual	Cycling premium	July
	Cycling					Zumba	July			CrossTrainingBakh	July		
11:30	1					Estiramientos posturales 30'	July	HITT Core 30'	July	Estiramientos porstrales 30'	July	StepBakh	July
	Cycling					GAP	July	CrossTrainingBakh	July	FIT combat CORE	July	CrossTrainingBakh	July
17:30	1					FIT combat CORE	July			GAP	July		
	Cycling					Cycling virtual	Virtual	Cycling premium	July	Cycling virtual	Virtual	Cycling premium	July
18:30	1					Zumba	July						
	Cycling			Cycling premium	July	Cycling virtual	Virtual	Cycling premium	July	Cycling virtual	Virtual		

	Aretoa Sala	Astelehena Lunes 12		Astearteia Martes 13		Asteazkena Miercoles 14		Osteguna Jueves 15		Ostirala Viernes 16	
9:30	1	FIT combat CORE	July			GAP	July	Festivo		FIT combat CORE	July
	Cycling	Cycling virtual	Virtual	Cycling premium	July	Cycling virtual	Virtual		Cycling virtual	Virtual	
10:30	1	Cycling premium	July	Cycling virtual	Virtual	Cycling premium	July		Cycling premium	July	
	Cycling			CrossTrainingBakh	July						
11:30	1	Estiramientos posturales 30'	July	HITT core 30'	July	Zumba	July		Estiramientos posturales 30'	July	
	Cycling	Entrenamiento Funcional	July	FIT combat CORE	July	Entrenamiento Funcional	July		Zumba	July	
18:30	1			StepBakh	July	Cycling premium	July				
	Cycling	Cycling premium	July	Cycling virtual	Virtual				Cycling premium	July	
19:30	1	Zumba	July			HITT Core 30'	July				
	Cycling	Cycling virtual	Virtual	Cycling premium	July	Cycling virtual	Virtual	Cycling virtual	Virtual		

	Aretoa Sala	Astelehena Lunes 19		Astearteia Martes 20		Asteazkena Miercoles 21		Osteguna Jueves 22		Ostirala Viernes 23	
9:30	1	StepBakh	July			CrossTrainingBakh	July			Entrenamiento Funcional	July
	Cycling	Cycling virtual	Virtual	Cycling premium	July	Cycling virtual	Virtual	Cycling premium	July	Cycling virtual	Virtual
10:30	1	Cycling premium	July	Cycling virtual	Virtual	Cycling premium	July	Cycling virtual	Virtual	Cycling premium	July
	Cycling			GAP	July			GAP	July		
11:30	1	HITT core 30'	July	Estiramientos posturales 30'	July	Estiramientos posturales 30'	July	HITT Core 30'	July	Zumba	Lili
	Cycling	CrossTrainingBakh	July	Zumba	Lili	FIT combat CORE	July	StepBakh	July	FIT combat CORE	July
18:30	1			Entrenamiento Funcional	July			Entrenamiento Funcional	July		
	Cycling	Cycling premium	July	Cycling virtual	Virtual	Cycling premium	July	Cycling virtual	Virtual	Cycling premium	July
19:30	1	FIT combat CORE	July			HITT Core 30'	July				
	Cycling	Cycling virtual	Virtual	Cycling premium	July	Cycling virtual	Virtual	Cycling premium	July	Cycling virtual	Virtual

	Aretoa Sala	Astelehena Lunes 26		Astearteia Martes 27		Asteazkena Miercoles 28		Osteguna Jueves 29		Ostirala Viernes 30	
9:30	1			HITT TRX	Bea	Body Balance	Bea			HITT training	Bea
	Cycling			Cycling virtual	Virtual			Cycling virtual	Virtual		
10:30	1					Cycling virtual	Virtual	Cycling virtual	Virtual	Cycling virtual	Virtual
	Cycling			HITT Training	Bea	HITT core	Bea	StepBakh	Bea		
11:30	1			StepBakh	Bea	Body Balance	Bea	Body Balance	Bea	Zumba	Lili
	Cycling			Cycling premium	July	Cycling premium	July	Cycling premium	July	Cycling premium	July
17:30	1			Entrenamiento Funcional	Leti	Zumba	Lili	HITT training	Leti	GAP	Leti
	Cycling			Entrenamiento Funcional	Leti	Entrenamiento Funcional	Leti	Entrenamiento Funcional	Leti	Entrenamiento Funcional	Leti
18:30	1			FIT combat CORE	Leti	StepBakh	Leti				
	Cycling			Cycling premium	Leti	Cycling virtual	Virtual	Cycling premium	Leti	Cycling premium	Leti
19:30	1			Movilidad articular 30'	Leti			Estiramientos porstrales 30'	Leti		
	Cycling			Cycling virtual	Virtual	Cycling premium	Leti	Cycling virtual	Virtual	Cycling virtual	Virtual