

PROGRAMACIÓN ACTIVIDADES 2018 / JARDUERA PROGRAMAKETA - 2018

|             | Aretoa Sala | Astelehena Lunes        | Asteartea Martes     | Asteazkena Miércoles    | Osteguna Jueves      | Ostirala Viernes        | Larunbata Sábado | Igandea Domingo |
|-------------|-------------|-------------------------|----------------------|-------------------------|----------------------|-------------------------|------------------|-----------------|
| 7:15-8:05   | Cycling     | Cycling PREMIUM         |                      | Cycling PREMIUM         |                      | Cycling PREMIUM         |                  |                 |
|             | 1           |                         | Hiit-TRX             |                         | Hiit Training        |                         |                  |                 |
| 8:00-8:45   | Piscina     |                         | Aquafitness          |                         | Aquafitness          |                         |                  |                 |
| 08:30-09:30 | 3           |                         |                      |                         |                      |                         |                  |                 |
| 9:15-10:05  | Cycling     | Cycling virtual         |                      | Cycling virtual         |                      |                         |                  |                 |
| 9:30-10:20  | Piscina     | Aquagym                 |                      | Aquagym                 |                      | Aquagym                 |                  |                 |
| 9:30-10:20  | Cycling     | Cycling PREMIUM         | Cycling PREMIUM      |                         | Cycling PREMIUM      | Cycling PREMIUM         |                  |                 |
| 9:30-10:20  | 1           | Body Pump               | Body Combat          | Body Pump               | Bakh-Xtreme          | Sh'bam                  |                  |                 |
| 09:30-10:25 | 3           | Espalda sana-Gravity    | Hiit-Gravity         | Espalda sana-Gravity    | Hiit-Gravity         | Hiit-Gravity            |                  |                 |
| 9:45-10:15  | 2           |                         | Tono xpress          |                         | Hiit-Gluteo          | Core                    |                  |                 |
| 10:00-10:55 | 3           |                         |                      |                         |                      |                         |                  |                 |
| 10:00-11:00 | 1           |                         |                      |                         |                      |                         |                  |                 |
| 10:15-11:05 | Cycling     | Cycling virtual         |                      | Cycling PREMIUM         |                      |                         |                  |                 |
| 10:30-11:20 | 2           |                         |                      |                         |                      | Entrenamiento Funcional |                  |                 |
| 10:30-11:00 | 2           | Movilidad Articular     |                      | Movilidad Articular     |                      |                         |                  |                 |
| 10:30-11:20 | Cycling     |                         | Cycling virtual      |                         | Cycling virtual      | Cycling virtual         |                  |                 |
|             | 1           | Bosu-Fitball            | Body Balance         | Entrenamiento Funcional | Sh'bam               | Body Balance            |                  |                 |
| 10:30-11:25 | 3           |                         | Espalda sana-Gravity |                         | Espalda sana-Gravity | Espalda sana-Gravity    |                  |                 |
| 11:00-11:30 | 2           |                         |                      |                         |                      |                         |                  |                 |
| 11:05-12:00 | Cycling     |                         |                      |                         |                      |                         |                  |                 |
| 11:30-12:00 | 1           |                         | Hipopélvicos         |                         | Hipopélvicos         |                         |                  |                 |
| 12:15-13:00 | Piscina     |                         |                      |                         |                      |                         | Aquafitness      |                 |
| 13:45-14:00 | 1           |                         | Core                 |                         | Core                 |                         |                  |                 |
| 13:45-14:30 | Cycling     | Cycling PREMIUM         |                      | Cycling PREMIUM         |                      | Cycling virtual         |                  |                 |
| 14:00-14:45 | Cycling     |                         | Cycling virtual      |                         | Cycling virtual      |                         |                  |                 |
| 15:00-15:30 | 2           | Hiit Trx                | Tono xpress          |                         | Tono xpress          | Trx                     |                  |                 |
| 15:30-16:25 | 3           | Espalda sana-Gravity    | Espalda sana-Gravity | Espalda sana-Gravity    | Espalda sana-Gravity |                         |                  |                 |
| 15:15-16:00 | Piscina     |                         |                      |                         |                      |                         |                  |                 |
| 15:30-16:20 | 1           | Entrenamiento Funcional |                      | Body Pump               |                      | G.a.p                   |                  |                 |
| 15:35-16:25 | Cycling     | Cycling virtual         | Cycling PREMIUM      | Cycling virtual         | Cycling PREMIUM      | Cycling virtual         |                  |                 |
| 17:35-18:25 | Cycling     |                         | Cycling PREMIUM      | Cycling virtual         | Cycling PREMIUM      |                         |                  |                 |
| 17:45-18:35 | 1           | Entrenamiento Funcional | Body Pump            | Sh'bam                  | Body Pump            | Desafío extremo         |                  |                 |
| 17:45-18:40 | 3           | Hipopresivos-Gravity    | Espalda sana-Gravity | Hipopresivos-Gravity    | Espalda sana-Gravity |                         |                  |                 |
| 18:00-18:30 | 2           | Militar bakhfit         | Piernas              | Hiit Trx                | Militar bakhfit      |                         |                  |                 |
| 18:00-18:50 | Cycling     | Cycling PREMIUM         |                      |                         |                      | Cycling virtual         |                  |                 |
| 18:00-18:50 | 3           |                         |                      |                         |                      |                         |                  |                 |
| 18:35-19:25 | Cycling     |                         | Cycling virtual      | Cycling PREMIUM         | Cycling PREMIUM      |                         |                  |                 |
| 18:30-19:30 | 2           |                         | Body Balance         |                         | Body Balance         |                         |                  |                 |
| 18:45-19:15 | 2           | CrossbakhFit iniciación |                      | CrossbakhFit iniciación |                      |                         |                  |                 |
| 18:45-19:35 | 1           | Body Balance            | Body Jam             | Body Combat             | Body Jam             | Zumba                   |                  |                 |
| 18:45-19:40 | 3           | Espalda sana-Gravity    | Gravity-Pilates      | Espalda sana-Gravity    | Gravity-Pilates      |                         |                  |                 |
| 19:00-19:50 | Cycling     | Cycling PREMIUM         |                      |                         |                      | Cycling PREMIUM         |                  |                 |
| 19:15-19:45 | 2           | Hiit Core               |                      | Hiit Core               |                      | Hiit Core               |                  |                 |
| 19:30-20:00 | 2           |                         | Tabata BakhFit       |                         | Jumping bakhfit      |                         |                  |                 |
| 19:30-20:20 | Cycling     |                         | Cycling PREMIUM      | Cycling PREMIUM         | Cycling virtual      |                         |                  |                 |
| 19:45-20:35 | 3           |                         | Zumba                |                         |                      |                         |                  |                 |
| 19:45-20:30 | Piscina     |                         | Aquafitness          |                         | Aquafitness          |                         |                  |                 |
| 19:45-20:35 | 1           | Body Combat             | Body Pump            | Sh'bam                  | Body Pump            | Zumba                   |                  |                 |
| 19:45-20:40 | 3           | Hiit-Gravity            |                      | Hiit-Gravity            |                      |                         |                  |                 |
| 19:45-20:45 | 2           | CrossbakhFit            |                      | CrossbakhFit            |                      |                         |                  |                 |
| 20:00-20:50 | Cycling     | Cycling virtual         |                      |                         |                      | Cycling virtual         |                  |                 |
| 20:00-20:30 | 2           |                         | Tono xpress          |                         | Tono xpress          |                         |                  |                 |
| 20:35-21:25 | Cycling     |                         | Cycling virtual      | Cycling virtual         | Cycling virtual      |                         |                  |                 |
| 20:45-21:15 | 3           | Core                    |                      | Movilidad Articular     |                      |                         |                  |                 |
| 20:45-21:35 | 1           | Zumba                   | Body Balance         | Zumba                   | Body Balance         |                         |                  |                 |

Clasificación de las clases

**Tonificación muscular**

Body Pump, Bakh Xtreme, Bosu-Fitball, Body Combat, Trx, Hiit Trx, Hiit Core, Entrenamiento funcional, Militar BakhFit.

**Tonificación express**

Core, Piernas, Tono Express.

**Resistencia**

CrossBakhfit, Hiit, Jumping Bakh Fit, Desafío Extremo, Tabata BakhFit.

**Baile y coreografiadas**

Sh'bam, Body Jam, Zumba

**Cuerpo -Mente**

Body Balance, Movilidad Articular

**Cardiovasculares**

Cycling, , Cycling virtual, Running, Tabata BakhFit.


**Corpore Sano**

Gravity, Espalda Sana-Gravity, Hipopélvicos, Gravity-Pilates.

*\*(Actividades personalizadas con tarifa adicional. Consulta en recepción)*

 CYCLING

 TONIFICACIÓN + CARDIO

 CORPORE SANO