

MARZO 2019

	Aretoa Sala	Astelehena Lunas	Astearte Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo
7:15-8:05	Cycling	Cycling PREMIUM	7:05 HIIT Gravity	Cycling PREMIUM	7:05 HIIT Gravity	Cycling PREMIUM		
	1		HIIT TRX		HIIT Training			
8:00-8:45	Piscina		Aquafitness		Aquafitness			
9:30-10:15	Piscina	Aquagym		Aquagym		Aquagym		
9:30-10:20	Cycling	Cycling PREMIUM	Cycling PREMIUM	Cycling PREMIUM	Cycling PREMIUM	Cycling PREMIUM		
	1	Body Pump	Body Combat	Body Pump	Bosu Fithall	Sh'bam		
9:30-10:25	3	Espalda sana-gravity	HIIT Gravity	Espalda sana-gravity	HIIT Gravity	HIIT Gravity		
9:45-10:15	2		Core		HIIT Gluteo	Core		
10:30-11:00	2	Movilidad Articular					10:00 Pilates Suelo	
10:30-11:20	Cycling	Cycling virtual	Cycling virtual		Cycling virtual	Cycling virtual	10:00 AADD	10:00 AADD
	1	Bosu-Fitball	Body Balance	Entrenamiento Funcional	Zumba	Body Balance	11:05 Cycling PREMIUM	11:05 Cycling PREMIUM
	2			Calistenia		Entrenamiento Funcional		
10:30-11:25	3	HIIT Gravity	Espalda sana-gravity	HIIT Gravity	Espalda sana-gravity	10:30-11:00 Movilidad Articular		
11:30-12:20	2	Calistenia	SeniorFit		SeniorFit			
11:30-12:00	1		Hipopelvicos	Movilidad Articular	Hipopelvicos			
12:15-13:00	Piscina						Aquafitness	
13:45-14:00	1		Core		Core			
13:45-14:30	Cycling	Cycling PREMIUM		Cycling PREMIUM		Cycling virtual		
13:55-14:40	2	Corporate fitness	Corporate fitness	Corporate fitness	Corporate fitness			
14:00-14:45	Cycling		Cycling virtual		Cycling virtual			
14:30-15:20						Calistenia		
14:45-15:30	1	Corporate fitness						
14:45-15:30	2		Corporate fitness	Corporate fitness	Corporate fitness			
15:00-15:30	2	HIIT Trx						
15:00-15:30	1		Tono xpress		Tono xpress			
15:30-16:25	3	HIIT Gravity	Espalda sana-gravity	HIIT Gravity	Espalda sana-gravity			
15:30-16:20	2	Calistenia		Calistenia				
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		
16:30-17:30	3		Yoga		Yoga			
16:30-17:15	1	Stepbakh						
16:45-17:35	1						Cycling virtual	
17:30-18:25	3	Hipopresivos-gravity	Espalda sana-gravity	Hipopresivos-gravity	Espalda sana-gravity			
17:40-18:30	Cycling	Cycling PREMIUM	Cycling PREMIUM	Cycling virtual	Cycling PREMIUM	Cycling PREMIUM		
17:45-18:35	1	Entrenamiento Funcional	Body Pump	Sh'bam	Body Pump	Desaño extremo		
18:00-18:30	2	Militar bakhfit	Piernas	Calistenia	Militar bakhfit			
18:00	Exterior	Running basico		Running basico				
18:00-18:50	Cycling	Cycling PREMIUM						
18:30-19:20	2		Body Balance		Body Balance			
18:30-19:25	3	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates			
18:40-19:30	Cycling		Cycling PREMIUM	Cycling PREMIUM	Cycling PREMIUM	Cycling PREMIUM		
18:45-19:15	2	CrossbakhFit iniciación		CrossbakhFit iniciación				
18:45-19:35	1	Body Balance	Body Jam	Body Combat	Body Jam			
18:45	Exterior	Running avanzado		Running avanzado				
19:00-19:50	Cycling	Cycling PREMIUM						
19:15-19:45	2	HIIT Core		HIIT Core		HIIT Core		
19:30-20:00	2		Calistenia iniciación		Calistenia iniciación			
19:35-20:25	Cycling		Cycling PREMIUM	Cycling PREMIUM	Cycling virtual			
19:45-20:30	Piscina		Aquafitness		Aquafitness			
19:45-20:35	1	Body Combat	Body Pump	Sh'bam	Body Pump	Zumba		
19:45-20:45	2	CrossbakhFit		CrossbakhFit				
19:30-20:25	3	HIIT Gravity		HIIT Gravity				
20:00-20:45	2		Calistenia avanzado		Calistenia avanzado			
20:00-20:50	Cycling	Cycling PREMIUM				Cycling virtual		
20:35-21:25	Cycling		Cycling virtual	Cycling PREMIUM	Cycling virtual			
20:45-21:15	2		HIIT Tonificacion		HIIT Tonificacion			
20:45-21:35	1	Zumba	Body Balance	Zumba	Body Balance			

Clasificación de las clases

Tonificación muscular
Body Pump, Bosu-Fitball, Body Combat, Trx, Core, Entrenamiento funcional, Militar BakhFit, Calistenia

Tonificación express
Piernas, HIIT Trx, Tono Express, HIIT Gluteo







Resistencia
CrossBakhfit, HIIT, Desafío Extremo, Bakh Xtreme, HIIT Training

Baile y coreografiadas
Sh'bam, Body Jam, Zumba

Cuerpo -Mente
Body Balance, Movilidad Articular

Cardiovasculares
Cycling, Cycling virtual, Running

Corpore Sano
Yoga, Gravity, Espalda Sana-Gravity, Hipopélvicos, Gravity-Pilates, HIIT Gravity
**(Actividades personalizadas con tarifa adicional. Consulta en recepción)*

-  CYCLING
-  TONIFICACIÓN + CARDIO
-  CORPORE SANO
-  NOVEDADES
-  CONSULTA HORARIOS EN SALA FITNESS
-  PROGRAMA DE BIENESTAR BASKONIA-ALAVES GROUP