

	Aretoa Sala	Astelehena Lunes 3	Astearte Martes 4	Asteazkena Miércoles 5	Osteguna Jueves 6	Ostirala Viernes 7	Larunbata Sábado 8	Igandea Domingo 9
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Festivo	Cycling Virtual	Cycling Virtual		
8:15-9:15	1	Sh'bam Virtual	Body Balance Virtual		Body Combat Virtual	Sh'bam Virtual		
9:30-10:30	1	G.A.P	Stepbakh		Entrenamiento Funcional	Entrenamiento Funcional	Body Pump Virtual	Body Balance Virtual
	Cycling	Cycling Virtual	Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:45-11:45	1	Cycling Virtual	Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
	1	Body Balance	G.A.P		G.A.P	Body Pump	Body Combat Virtual	Sh'bam Virtual
12:00-13:00	1	Body Combat Virtual	Body Balance Virtual		Sh Bam Virtual	Body Combat Virtual		
	Cycling	Cycling Virtual	Cycling Virtual		Cycling Virtual	Cycling Virtual		
15:30-16:30	1	Body Pump	Sh bam		Body Jam	Body Balance Virtual		
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual		Cycling Virtual	Cycling Virtual		
16:45-17:35	1	Body Balance Virtual	Body Combat Virtual		Body Pump Virtual	Body Pump Virtual		
17:45-18:45	1/2	Sh bam	Body Jam		Body Combat			
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual		Cycling Virtual	Cycling Virtual	Cycling Virtual	
19:00-20:00	1/2	Entrenam Funcional	TRX 30'		Body Pump			
20:15-21:15	1	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual	Body Combat Virtual			

	Aretoa Sala	Astelehena Lunes 10	Astearte Martes 11	Asteazkena Miércoles 12	Osteguna Jueves 13	Ostirala Viernes 14	Larunbata Sábado 15	Igandea Domingo 16
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
8:15-9:15	1	Sh'bam Virtual	Body Balance Virtual	Sh'bam Virtual	Body Balance Virtual	Sh'bam Virtual		
9:30-10:30	1	Body Jam	Entrenamiento Funcional	Body Pump	G.A.P	Sh bam	Body Pump Virtual	Body Jam Virtual
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:45-11:45	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
	1	Entrenamiento Funcional	HIIT TRX	Sh bam	Entrenamiento Funcional	Body Pump	Body Combat Virtual	Sh'bam Virtual
12:00-13:00	1	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual		
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:30	1	Core-G.a.p	Body Pump	Entrenamiento Funcional	Sh bam			
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	1	Body Balance Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual	Body Balance Virtual		
17:45-18:45	1	Entrenamiento Funcional	Body Jam	Desafio extremo	Body Combat			
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
19:00-20:00	2	HIIT TRX	G.A.P 30'	Core-G.a.p	Body Pump			
20:15-21:15	1	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual		

	Aretoa Sala	Astelehena Lunes 17	Astearte Martes 18	Asteazkena Miércoles 19	Osteguna Jueves 20	Ostirala Viernes 21	Larunbata Sábado 22	Igandea Domingo 23
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
8:15-9:15	1	Sh'bam Virtual	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Sh'bam Virtual		
9:30-10:30	1	Entrenamiento Funcional	Desafio extremo	HIIT TRX	Entrenamiento Funcional	Desafio extremo	Body Pump Virtual	Body Jam Virtual
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:45-11:45	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
	1	Desafio extremo	HIIT TRX	Entrenamiento Funcional	Desafio extremo	HIIT TRX	Body Combat Virtual	Sh'bam Virtual
12:00-13:00	1	Body Combat Virtual	Sh'bam Virtual	Body Combat Virtual	Sh'bam Virtual	Body Combat Virtual		
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:30	1	HIIT TRX	E. Funcional	Desafio extremo	HIIT TRX			
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	1	Body Balance Virtual	Body Pump Virtual	Body Pump Virtual	Body Balance Virtual	Body Pump Virtual		
17:45-18:45	1	G.A.P	Interval Training	G.A.P	Entrenamiento Funcional			
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
19:00-20:00	1	Interval Training	G.A.P	Interval Training	G.A.P			
20:15-21:15	1	Body Pump Virtual	Body Balance Virtual	Sh'bam Virtual	Body Pump Virtual	Body Balance Virtual		

	Aretoa Sala	Astelehena Lunes 24	Astearte Martes 25	Asteazkena Miércoles 26	Osteguna Jueves 27	Ostirala Viernes 28	Larunbata Sábado 29	Igandea Domingo 30
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
8:15-9:15	1	Sh'bam Virtual	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual	Body Combat Virtual		
9:30-10:30	1	Entrenamiento Funcional	Body Pump	HIIT TRX	Body Pump	Step bakh	Body Pump Virtual	Body Jam Virtual
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:45-11:45	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
	1	Body Pump	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional	Body Balance	Body Combat Virtual	Sh'bam Virtual
12:00-13:00	1	Body Combat Virtual	Sh'bam Virtual	Body Balance Virtual	Body Balance Virtual	Body Pump Virtual		
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:30	1	HIIT TRX	E. Funcional	Desafio extremo	HIIT CORE			
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	1	Body Balance Virtual	Body Pump Virtual	Body Pump Virtual	Body Balance Virtual	Body Pump Virtual		
17:45-18:45	1	G.A.P	Interval Training	G.A.P	Body Balance			
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
19:00-20:00	1	Interval Training	G.A.P	Interval Training	G.A.P			
20:15-21:15	1	Body Pump Virtual	Body Balance Virtual	Sh'bam Virtual	Body Pump Virtual	Body Balance Virtual		

	Aretoa Sala	Astelehena Lunes 31
7:15-8:05	Cycling	Cycling Virtual
8:15-9:15	1	Sh'bam Virtual
9:30-10:30	1	Step bakh
	Cycling	Cycling Virtual
10:45-11:45	1	Body Balance
12:00-13:00	1	Body Combat Virtual
	Cycling	Cycling Virtual
15:30-16:30	1	HIIT TRX
15:30-16:20	Cycling	Cycling Virtual
16:45-17:35	1	Body Balance Virtual
17:45-18:45	1	G.A.P
18:30-19:30	Cycling	Cycling Virtual
19:00-20:00	1	Interval Training
20:15-21:15	1	Body Pump Virtual