

AGOSTO 2022

	Aretoa Sala	Astelehena Lunes 1	Astearte Martes 2	Asteazkena Miércoles 3	Osteguna Jueves 4	Ostirala Viernes 5	Larunbata Sábado 6	Igandea Domingo 7
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	FESTIVO		
8:15-9:15	1	Sh'bam Virtual	Body Balance Virtual	Sh'bam Virtual	Body Balance Virtual			
9:30-10:30	1	Body Pump	Entrenamiento funcional	Body Pump	Entrenamiento funcional		Body Pump Virtual	Body Balance Virtual
	Cycling	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual		Cycling Virtual	Cycling Virtual
10:45-11:45	2	Calistenia	Cycling Premium	Cycling Virtual	Cycling Premium		Cycling Virtual	Cycling Virtual
	1	Body Balance	Body Pump	Body Balance	Body Pump			
12:00-13:00	1	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual		Body Combat Virtual	Sh'bam Virtual
	Cycling	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual			
15:30-16:30	1	G.A.P	Entrenamiento funcional	G.A.P	Sh'bam Virtual			
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual			
16:45-17:35	1	Body Balance	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual			
17:35-18:35	1/2	Calistenia	GAP	Calistenia	GAP			
18:35-19:25	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual			
19:00-20:00	1/2	Body Pump	CORE 30'	GAP	Body Combat Virtual			
20:15-21:15	1	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual	Body Pump Virtual			

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

	Aretoa Sala	Astelehena Lunes 15	Astearte Martes 16	Asteazkena Miércoles 17	Osteguna Jueves 18	Ostirala Viernes 19	Larunbata Sábado 20	Igandea Domingo 21	
7:15-8:05	Cycling	FESTIVO	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual			
8:15-9:15	1		Body Balance Virtual	Sh'bam Virtual	Body Balance Virtual	Sh'bam Virtual			
9:30-10:30	1		Body Combat Virtual	Body Pump Virtual	Body Pump	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 Premium	Cycling Virtual	Cycling Premium	Cycling Premium	Cycling Virtual	Cycling Virtual
	1		Sh'bam Virtual	Sh'bam Virtual	Sh'bam Virtual	Sh'bam Virtual	Body Balance Virtual	Body Combat Virtual	Sh'bam Virtual
12:00-13:00	1		Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	Body Balance Virtual	Body Combat Virtual		
	Cycling		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:30	1		Body Combat Virtual	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual		
15:30-16:20	Cycling		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	1		Body Pump	Entrenamiento funcional	Body Combat Virtual	Body Combat Virtual	Body Combat Virtual		
17:45-18:45	1		Body Balance	G.A.P	Sh'bam Virtual	Body Pump Virtual			
18:30-19:30	1-Cycling		Zumba	Cycling Premium	Cycling Virtual	Cycling Virtual			
19:00-20:00	1		Body Combat Virtual	Body Pump Virtual	Body Combat Virtual	Body Combat Virtual			
20:15-21:15	1	Body Pump Virtual	Body Balance Virtual	Body Balance Virtual	Body Pump Virtual	Body Balance Virtual			

	Aretoa Sala	Astelehena Lunes 22	Astearte Martes 23	Asteazkena Miércoles 24	Osteguna Jueves 25	Ostirala Viernes 26	Larunbata Sábado 27	Igandea Domingo 28
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	Sh'bam	Body Combat	Sh'bam	Body Combat	Sh'bam	Body Pump Virtual	Body Balance Virtual
	Cycling	Cycling Premium	Cycling Premium	Cycling Premium	Cycling Premium	Cycling Premium	Cycling Virtual	Cycling Virtual
10:45-11:45	1	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual	Sh'bam Virtual
	1	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual		
12:00-13:00	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:30	1	Body Pump Virtual	Sh'bam Virtual	Body Pump Virtual	Sh'bam Virtual			
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 Balance Virtual	Body Combat Virtual	Body Balance Virtual		
17:45-18:45	1	Body Pump Virtual	Sh'bam Virtual	Body Pump Virtual	Sh'bam Virtual			
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
19:00-20:00	1	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual			
20:20-21:20	1	Body Balance Virtual	Body Balance Virtual	Latin Bakh	Body Pump Virtual	Latin Bakh		

	Aretoa Sala	Astelehena Lunes 29	Astearte Martes 30	Asteazkena Miércoles 31
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
8:15-9:15	1	Sh'bam Virtual	Body Balance Virtual	Sh'bam Virtual
9:30-10:30	1	Body Pump	Sh bam	Body Pump
	Cycling	Cycling Premium	Cycling Virtual	Cycling Premium
	Cycling	Cycling Virtual	Cycling Premium	Cycling Virtual
10:45-11:45	1	Body Balance	Body Pump	Body Balance
	1	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual
12:00-13:00	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
15:30-16:30	1	G.A.P	Entrenamiento funcional	G.A.P
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual
16:45-17:35	1	Body Balance Virtual	Latin Bakh	Body Balance Virtual
17:45-18:45	1	Entrenamiento funcional	Body Balance	Body Pump
18:30-19:30	Cycling	Cycling Premium	Cycling Premium	Cycling Premium
19:00-20:00	1	Sh bam	CORE 30'	Sh bam
20:20-21:20	1	Latin Bakh	Body Pump Virtual	Latin Bakh