

FITNESS MAYO 2022

bayh		Aretoa Sala	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larubata Sábado	Igandea Domingo
7:15 - 8:05	Cycling	1-2	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Premium		
				Hiit Trx		Multi Training			
8:00 - 8:30		3		Hipopélicos		Hipopélicos			
8:00 - 8:50	Piscina			Aqua fitness		Aqua fitness			
8:30 - 9:00		3	Hipopélicos		Hipopélicos		Hipopélicos		
9:00 - 9:25		1	Técnica Body Pump		Técnica Body Pump				
	Cycling			Técnica Cycling		Técnica Cycling			
9:15 - 10:05	Piscina			Aqua Balance		Aqua Balance			
9:30 - 10:20			Aqua fitness		Aqua fitness		Aqua fitness		
		1	Body Pump	Body Combat	Body Pump	Bosu Fitball	Sh'bam		
9:30 - 10:30		3	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity		
	Cycling		Cycling Premium	Cycling Premium	Cycling Premium	Cycling Premium	Cycling Premium		
10:15 - 11:15		1						Actividad Dirigida	Actividad Dirigida
10:30 - 11:30		2	Calistenia		Calistenia				
	Fit Studio		AmaFit		AmaFit		Movilidad Articular 30'		
10:30 - 11:25		3	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity	Espalda sana-gravity			
		1	Bosu Fitball	Body Pump	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional		
	Cycling		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
11:20 - 12:10	Cycling							Cycling Premium	Cycling Premium
11:35 - 12:25		1	Senior Fit		Senior Fit		Body Balance		
11:45 - 12:35		1		Movilidad Articular		Movilidad Articular			
11:45 - 12:35	Cycling			Cycling Virtual		Cycling Virtual			
12:15 - 13:00	Piscina						Aqua fitness		
13:45 - 14:15		1		HIIT Core		HIIT Core			
13:45 - 14:35	Cycling		Cycling Virtual		Cycling Virtual				
		2	Funcional HIIT		Funcional HIIT		Trx Core		
14:35 - 15:25		2					Calistenia		
15:00 - 15:45		1		Entrenamiento funcional		Entrenamiento funcional			
	Cycling		Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30 - 16:25		3	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity		
		1	Entrenamiento Funcional		Body Pump 45'		G.a.p		
15:45 - 16:45		2		Calistenia		Calistenia			
16:30 - 17:25		3	Espalda sana-gravity		Espalda sana-gravity				
16:30 - 17:25	Fit Studio			AmaFit		AmaFit			
17:00 - 18:00	Hall		Running Bakh Iniciacion		Running Bakh Iniciacion				
17:00 - 17:30	Fit Studio		Hipopélicos		Hipopélicos				
17:00 - 17:45		2		Latin Bakh					
17:15 - 18:10	Cycling		Cycling Virtual		Cycling Virtual				
17:30 - 18:00	Fit Studio		Hipopélicos		Hipopélicos				
17:30 - 18:15		2	Técnica Calistenia		Técnica Calistenia	G.a.p			
		1	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional	Body Pump	Desafio Extremo		
17:30 - 18:25	Cycling			Cycling Premium		Cycling Premium			
		3	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates		
17:45 - 18:30		2		G.a.p					
18:00 - 18:30	Fit Studio		Running Bakh Tecnificacion		Running Bakh Tecnificacion				
18:15 - 18:45		2	Calistenia		Calistenia				
18:30 - 19:25	Cycling		Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Premium		
		1	Body Balance	Body Jam	Body Combat	Body Jam			
		3	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity		
	Fit Studio			AmaFit		AmaFit			
18:30 - 19:30	Hall		Running Bakh Intermedios/Avanzados		Running Bakh Intermedios/Avanzados				
18:35 - 19:35		2		Body Balance		Body Balance			
18:45 - 19:15		2	Reto Hiit		Reto Hiit		Hiit Core 30'		
19:30 - 20:00		2	Trx Core		Trx Core		CORE		
19:30 - 20:25		3	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity			
19:35 - 20:25	Cycling		Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual		
19:45 - 20:45		1	Body Combat	Body Pump	Sh'bam	Body Pump			
20:00 - 21:00		1					Latin Bakh		
20:00 - 20:50	Piscina			Aqua fitness		Aqua fitness			
20:00 - 20:45		2		Calistenia		Calistenia			
20:30 - 21:15		3		Body Balance		Body Balance			
20:45 - 21:45		1	Latin Bakh		Latin Bakh				

TONIFICACIÓN MUSCULAR	RESISTENCIA	CLASES EXPRESS	CUERPO - MENTE	CARDIOVASCULARES	BAILE Y COREOGRAFÍA	CORPORE SANO
Entrenamiento Funcional	Desafio Extremo	Clases de Técnica	Movilidad Articular	Cycling Premium	Latin Bakh	Espalda sana - Gravity
Trx + Movilidad Articular	Funcional HIIT	Cycling Express	Body Balance	Cycling Express	Step Bakh	Gravity-Pilates
Funcional HIIT	Running Bakh	Tabata Core	Aqua Balance	Técnica Cycling	Body Jam	Embarazo Fit
Body Combat	Body Combat	Core 30'		Cycling Virtual	Sh'bam	Pilates Suelo
Bosu Fitball	Hiit Training			Running Bakh		Hipopélicos
Body Pump	Hiit-Gravity					Hiit-Gravity
Trx Core	Body Pump					Ama Fit
Hiit Trx	Calistenia					
G.a.p	Reto Hiit					