

FITNESS DICIEMBRE 2021								
bayh	Aretoa Sala	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo
7:15 - 8:05	Cycling	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Premium		
	1-2		Hiit Trx		Multi Training			
8:00 - 8:30	3		Hipopélvicos		Hipopélvicos			
8:00 - 8:50	Piscina		Aqua fitness		Aqua fitness			
8:30 - 9:00	3	Hipopélvicos		Hipopélvicos				
9:00 - 9:25	1	Técnica Body Pump		Técnica Body Pump				
	Cycling		Tecnica Cycling		Tecnica Cycling			
9:15 - 10:05	Piscina		Aqua Balance		Aqua Balance			
9:30 - 10:20	Piscina	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			
	Cycling	Cycling Premium	Cycling Premium	Cycling Premium	Cycling Premium	Cycling Premium		
10:00 - 11:00	1						Actividad Dirigida	Actividad Dirigida
10:30 - 11:30	2	Calistenia		Calistenia				
	3	AmaFit	Espalda sana-gravity	AmaFit	Espalda sana-gravity	Movilidad Articular 30'		
10:30 - 11:25	1	Bosu Fitball	Body Pump	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional		
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
11:05 - 11:55	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			
	2	Hiit Trx						
15:30 - 16:25	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
	3	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity			
	1	Entrenamiento Funcional		Body Pump 45'		G.a.p		
15:45 - 16:45	2		Calistenia		Calistenia			
16:30 - 17:30	3		AmaFit		AmaFit			
17:00 - 17:30	Pit Studio	Hipopélvicos		Hipopélvicos				
17:00 - 17:30	3	Pruebas de nivel Corpore	Pruebas de nivel Corpore	Pruebas de nivel Corpore	Pruebas de nivel Corpore			
17:00 - 17:45	2		Latin Bakh					
17:15 - 18:10	Cycling	Cycling Virtual		Cycling Virtual				
17:30 - 18:00	Pit Studio	Hipopélvicos		Hipopélvicos				
17:30 - 18:15	2	Técnica Calistenia		Técnica Calistenia	G.a.p			
17:30 - 18:25	1	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional	Body Pump	Desafío Extremo		
	Cycling		Cycling Premium		Cycling Premium			
	3	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity			
17:45 - 18:30	Hall	Running Bakh Inicacion		Running Bakh Inicacion				
17:45 - 18:30	2		G.a.p					
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			
	Hall	Running Bakh Medio		Running Bakh Medio				
	Pit Studio		AmaFit		AmaFit			
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		CORE		
19:30 - 20:25	Hall	Running Bakh Avanzado		Running Bakh Avanzado				
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	Desafío 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		Hipopélvicos
Body Pump	Hiit-Gravity					Hiit-Gravity
Trx Core	Body Pump					Ama Fit
Hiit Trx	Calistenia					
G.a.p	Trx Core					
	Reto Hiit					