



FITNESS NOVIEMBRE 2021

	Aretoa Sala	Astelehena Lunes	Astearteza Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo
7:15 - 8:05	Cycling 1-2	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Premium		
8:00 - 8:30	3		Hiit Trx		Multi Training			
8:00 - 8:50	Piscina		Hipopélvicos		Hipopélvicos			
8:30 - 9:00	3		Aqua fitness		Aqua fitness			
9:00 - 9:25	1	Hipopélvicos		Hipopélvicos				
9:15 - 10:05	Cycling	Técnica Body Pump		Técnica Body Pump				
9:30 - 10:20	Piscina		Tecnica Cycling		Tecnica Cycling			
9:30 - 10:30	1		Aqua Balance		Aqua Balance			
10:00 - 11:00	3	Aqua fitness		Aqua fitness		Aqua fitness		
10:30 - 11:30	1	Body Pump	Body Combat	Body Pump	Bosu Fitball	Sh'bam		
11:00 - 11:40	3	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity			
11:05 - 11:55	Cycling	Cycling Premium	Cycling Premium	Cycling Premium	Cycling Premium	Cycling Premium	Actividad Dirigida	Actividad Dirigida
11:35 - 12:25	1							
11:45 - 12:35	2	Calistenia		Calistenia				
12:15 - 13:00	3	AmaFit	Espalda sana-gravity	AmaFit	Espalda sana-gravity	Movilidad Articular 30'		
13:45 - 14:15	1	Bosu Fitball	Body Pump	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional		
13:45 - 14:35	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual		Cycling Virtual		
14:35 - 15:25	1				Cycling Express 30'			
15:00 - 15:45	Cycling						Cycling Premium	Cycling Premium
15:45 - 16:45	1	Senior Fit		Senior Fit		Body Balance		
16:30 - 17:30	3		Movilidad Articular		Movilidad Articular			
17:00 - 17:30	1		Cycling Virtual		Cycling Virtual			
17:30 - 18:15	Piscina						Aqua fitness	
17:45 - 18:30	1		HIIT Core		HIIT Core			
18:15 - 18:45	2	Cycling Virtual		Cycling Virtual				
18:30 - 19:25	3	Funcional HIIT		Funcional HIIT		Trx Core		
19:30 - 20:00	1		Entrenamiento funcional		Entrenamiento funcional	Calistenia		
20:00 - 20:50	2	Hiit Trx						
20:30 - 21:15	3	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
20:45 - 21:45	1							
21:00 - 21:45	3	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
21:15 - 22:00	1	Entrenamiento Funcional		Body Pump 45'		G.a.p		
22:00 - 22:45	2		Calistenia		Calistenia			
22:45 - 23:30	3	AmaFit		AmaFit				
23:30 - 00:15	1	Hipopélvicos		Hipopélvicos				
00:15 - 01:00	3	Pruebas de nivel Corpore	Pruebas de nivel Corpore	Pruebas de nivel Corpore	Pruebas de nivel Corpore			
01:00 - 01:45	2		Latin Bakh					
01:45 - 02:30	Cycling	Cycling Virtual		Cycling Virtual				
02:30 - 03:15	1	Hipopélvicos		Hipopélvicos				
03:15 - 04:00	2	Técnica Calistenia		Técnica Calistenia		G.a.p		
04:00 - 04:45	1	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional	Body Pump	Desafío Extremo		
04:45 - 05:30	Cycling		Cycling Premium		Cycling Premium			
05:30 - 06:15	3	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity			
06:15 - 07:00	Hall	Running Bakh Iniciacion		Running Bakh Iniciacion				
07:00 - 07:45	2		G.a.p					
07:45 - 08:30	2	Calistenia		Calistenia				
08:30 - 09:15	Cycling	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Premium		
09:15 - 10:00	1	Body Balance	Body Jam	Body Combat	Body Jam			
09:00 - 09:45	3	Espalda sana-gravity	Gravity-Pilates	Espalda sana-gravity	Gravity-Pilates			
09:45 - 10:30	Hall	Running Bakh Medio		Running Bakh Medio				
10:30 - 11:15	1		AmaFit		AmaFit			
11:15 - 12:00	2		Body Balance		Body Balance			
12:00 - 12:45	2	Reto Hiit		Reto Hiit		Hiit Core 30'		
12:45 - 13:30	Cycling							
13:30 - 14:15	2			Trx Core		CORE		
14:15 - 15:00	Hall	Running Bakh Avanzado		Running Bakh Avanzado				
15:00 - 15:45	3	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity			
15:45 - 16:30	Cycling	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual		
16:30 - 17:15	1	Body Combat	Body Pump	Sh'Bam	Body Pump			
17:15 - 18:00	1		Aqua fitness		Aqua fitness	Latin Bakh		
18:00 - 18:45	Piscina		Calistenia		Calistenia			
18:45 - 19:30	2		Body Balance		Body Balance			
19:30 - 20:15	3	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					