



FITNESS OCTUBRE 2021

	Aretoa Sala	Astelehena Lunes	Astearte 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	Técnica Cycling		Técnica Cycling				
9:30 - 10:30	1	Aqua Balance		Aqua Balance				
10:00 - 11:00	1	Aqua fitness		Aqua fitness		Aqua fitness		
10:30 - 11:30	2	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	Calistenia		Calistenia				
11:45 - 12:35	3	AmaFit	Espalda sana-gravity	AmaFit	Espalda sana-gravity	Movilidad Articular 30'		
12:15 - 13:00	1	Bosu Fitball	Body Pump	Entrenamiento Funcional	Body Pump	Entrenamiento Funcional		
13:45 - 14:15	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual		Cycling Virtual		
13:45 - 14:35	Cycling				Cycling Express 30'			
14:35 - 15:25	1	Senior Fit		Senior Fit		Body Balance	Cycling Premium	Cycling Premium
15:00 - 15:45	1	Movilidad Articular		Movilidad Articular				
15:45 - 16:45	Cycling		Cycling Virtual		Cycling Virtual			
16:30 - 17:30	Piscina		HIIT Core		HIIT Core		Aqua fitness	
17:00 - 17:30	1	Cycling Virtual		Cycling Virtual				
17:30 - 18:00	2	Funcional HIIT		Funcional HIIT		Trx Core		
17:45 - 18:30	2		Entrenamiento funcional		Entrenamiento funcional	Calistenia		
18:15 - 18:45	1	Hiit Trx						
18:30 - 19:25	3	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
19:30 - 20:00	3	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity			
20:00 - 20:50	1	Entrenamiento Funcional		Body Pump 45'		G.a.p		
20:30 - 21:15	2		Calistenia		Calistenia			
20:45 - 21:45	3	AmaFit		AmaFit				
	3	Hipopélvicos		Hipopélvicos				
	3	Pruebas de nivel Corpore	Pruebas de nivel Corpore	Pruebas de nivel Corpore	Pruebas de nivel Corpore			
	2		Latin Bakh					
	Cycling	Cycling Virtual		Cycling Virtual				
	Fit Studio	Hipopélvicos		Hipopélvicos				
	2	Técnica Calistenia		Técnica Calistenia	G.a.p			
	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			
	Hall	Running Bakh Iniciacion		Running Bakh Iniciacion				
	2		G.a.p					
	2	Calistenia		Calistenia				
	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				
	Fit Studio		AmaFit		AmaFit			
	2		Body Balance		Body Balance			
	2	Reto Hiit		Reto Hiit		Hiit Core 30'		
	Cycling							
	2	Trx Core		Trx Core		CORE		
	Hall	Running Bakh Avanzado		Running Bakh Avanzado				
	3	Hiit-Gravity	Espalda sana-gravity	Hiit-Gravity	Espalda sana-gravity			
	Cycling	Cycling Virtual	Cycling Premium	Cycling Virtual	Cycling Premium	Cycling Virtual		
	1	Body Combat	Body Pump	Sh'Bam	Body Pump			
	1					Latin Bakh		
	Piscina		Aqua fitness		Aqua fitness			
	2		Calistenia		Calistenia			
	3		Body Balance		Body Balance			
	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					