

SEPTIEMBRE

|             | Aretoa Sala | Astelehena Lunes        | Asteartea Martes      | Asteazkena Miércoles    | Osteguna Jueves         | Ostirala Viernes                | Larunbata Sábado      | Igandea Domingo       |
|-------------|-------------|-------------------------|-----------------------|-------------------------|-------------------------|---------------------------------|-----------------------|-----------------------|
| 7:15-8:05   | Cycling 1   | Cycling PREMIUM         | 7:05 HIIT Gravity     | Cycling PREMIUM         | 7:05 HIIT Gravity       | Cycling PREMIUM                 |                       |                       |
| 8:00-8:45   | Piscina     |                         | HIIT TRX              |                         | HIIT Training           |                                 |                       |                       |
| 9:30-10:15  | Piscina     | Aquagym                 | Aquafitness           | Aquagym                 | Aquafitness             | Aquagym                         |                       |                       |
| 9:30-10:20  | Cycling 1   | Cycling PREMIUM         | Cycling PREMIUM       | Cycling PREMIUM         | Cycling PREMIUM         | Cycling PREMIUM                 |                       |                       |
| 9:30-10:25  | 3           | Body Pump               | Body Combat           | Body Pump               | Bosu Fitball            | Sh'bam                          |                       |                       |
| 9:45-10:15  | 2           | Espalda sana-gravity    | HIIT Gravity          | Espalda sana-gravity    | HIIT Gravity            | HIIT Gravity                    |                       |                       |
| 10:30-11:00 | 2           | Movilidad Articular     |                       |                         | HIIT Gluteo             |                                 |                       |                       |
| 10:30-11:20 | Cycling 1   | Cycling virtual         | Cycling virtual       |                         | Cycling virtual         | Cycling virtual                 | 10:00 Pilates Suelo   | 10:00 AADD            |
|             | 1--2        | Bosu-Fitball            | Body Balance          | Entrenamiento Funcional | Zumba                   |                                 | 11:05 Cycling PREMIUM | 11:05 Cycling PREMIUM |
| 10:30-11:25 | 3           |                         |                       | Calistenia              | Entrenamiento Funcional |                                 |                       |                       |
| 10:35-11:25 | 1--2        | HIIT Gravity            | Espalda sana-gravity  | HIIT Gravity            | Espalda sana-gravity    | 10:30-11:00 Movilidad Articular |                       |                       |
| 11:30-12:20 | 2           |                         |                       | SeniorFit               |                         | Body Balance                    |                       |                       |
| 11:30-12:00 | 1           | Calistenia              |                       |                         |                         |                                 |                       |                       |
| 12:15-13:00 | Piscina     |                         | Hipopelvicos          | Movilidad Articular     | Hipopelvicos            |                                 |                       |                       |
| 12:30-13:20 | 2           | SeniorFit               |                       |                         |                         |                                 | Aquafitness           |                       |
| 13:45-14:15 | 1           |                         | Core                  |                         | Core                    | HIIT                            |                       |                       |
| 13:45-14:30 | Cycling     | Cycling PREMIUM         |                       | Cycling PREMIUM         |                         | Cycling virtual                 |                       |                       |
| 14:00-14:45 | Cycling 2   |                         | Cycling virtual       |                         | Cycling virtual         |                                 | Calistenia            |                       |
| 14:30-15:20 | 2           |                         |                       |                         |                         |                                 |                       |                       |
| 15:00-15:30 | 2           | HIIT Trx                |                       |                         |                         |                                 |                       |                       |
| 15:00-15:30 | 1           |                         | Tono xpress           |                         | Tono xpress             |                                 |                       |                       |
| 15:30-16:25 | 3           | HIIT Gravity            | Espalda sana-gravity  | HIIT Gravity            | Espalda sana-gravity    |                                 |                       |                       |
| 15:30-16:20 | 2           |                         | Calistenia            |                         | Calistenia              |                                 |                       |                       |
| 15:30-16:20 | 1           | Entrenamiento Funcional |                       | Body Pump               |                         | G.a.p                           |                       |                       |
| 15:35-16:25 | Cycling     | Cycling virtual         | Cycling PREMIUM       | Cycling virtual         | Cycling PREMIUM         | Cycling virtual                 |                       |                       |
| 16:30-17:15 | 1           | StepBakh                |                       |                         |                         |                                 |                       |                       |
| 17:00-17:30 | 3           |                         | Hipopelvicos          |                         | Hipopelvicos            |                                 |                       |                       |
| 17:30-18:25 | 3           | HIIT Gravity            | Espalda sana-gravity  | HIIT Gravity            | Espalda sana-gravity    |                                 |                       |                       |
| 17:40-18:30 | Cycling     |                         | Cycling PREMIUM       | Cycling virtual         | Cycling PREMIUM         | Cycling PREMIUM                 | Cycling virtual       |                       |
| 17:45-18:35 | 1           | Entrenamiento Funcional | Body Pump             | Sh'bam                  | Body Pump               | Desafío extremo                 |                       |                       |
| 17:45-18:30 | Exterior    | Running iniciación      |                       | Running iniciación      |                         |                                 |                       |                       |
| 18:00-18:30 | 2           | Militar bakhfit         | Piernas               | Calistenia              | Militar bakhfit         |                                 |                       |                       |
| 18:00-18:50 | Cycling     | Cycling PREMIUM         |                       |                         |                         |                                 |                       |                       |
| 18:30-19:20 | 2           |                         | Body Balance          |                         | Body Balance            |                                 |                       |                       |
| 18:30-19:25 | 3           | Espalda sana-gravity    | Gravity-Pilates       | Espalda sana-gravity    | Gravity-Pilates         |                                 |                       |                       |
| 18:30-19:30 | Exterior    | Running medio           |                       | Running medio           |                         |                                 |                       |                       |
| 18:40-19:30 | Cycling     |                         | Cycling PREMIUM       | Cycling PREMIUM         | Cycling PREMIUM         | Cycling PREMIUM                 |                       |                       |
| 18:45-19:15 | 2           | CrossbakhFit iniciación |                       | CrossbakhFit iniciación |                         |                                 |                       |                       |
| 18:45-19:35 | 1           | Body Balance            | Body Jam              | Body Combat             | Body Jam                |                                 |                       |                       |
| 19:00-19:50 | Cycling     | Cycling PREMIUM         |                       |                         |                         |                                 |                       |                       |
| 19:15-19:45 | 2           | HIIT Core               |                       | HIIT Core               |                         |                                 |                       |                       |
| 19:30-20:00 | 2           |                         | Calistenia iniciación |                         | Calistenia iniciación   | HIIT Core                       |                       |                       |
| 19:30-20:30 | Exterior    | Running avanzado        |                       | Running avanzado        |                         |                                 |                       |                       |
| 19:35-20:25 | Cycling     |                         | Cycling PREMIUM       | Cycling PREMIUM         | Cycling PREMIUM         |                                 |                       |                       |
| 19:45-20:30 | Piscina     |                         | Aquafitness           |                         | Aquafitness             |                                 |                       |                       |
| 19:45-20:35 | 1           | Body Combat             | Body Pump             | Sh'bam                  | Body Pump               | Zumba                           |                       |                       |
| 19:45-20:45 | 2           | CrossbakhFit            |                       | CrossbakhFit            |                         |                                 |                       |                       |
| 19:30-20:25 | 3           | HIIT Gravity            |                       | HIIT Gravity            |                         |                                 |                       |                       |
| 20:00-20:45 | 2           |                         | Calistenia avanzado   |                         | Calistenia avanzado     |                                 |                       |                       |
| 20:00-20:50 | Cycling     | Cycling PREMIUM         |                       |                         |                         | Cycling virtual                 |                       |                       |
| 20:35-21:25 | Cycling     |                         | Cycling virtual       | Cycling PREMIUM         | Cycling virtual         |                                 |                       |                       |
| 20:45-21:15 | 2           |                         | HIIT Tonificación     |                         | HIIT Tonificación       |                                 |                       |                       |
| 20:45-21:35 | 1           | Zumba                   | Body Balance          | Zumba                   | Body Balance            |                                 |                       |                       |

**Clasificación de las clases**

**Tonificación muscular**  
Body Pump, Bosu-Fitball, Body Combat, Trx, Core, Entrenamiento funcional, Militar BakhFit, Calistenia

**Tonificación express**  
Piernas, HIIT Trx, Tono Express, HIIT Gluteo

**Resistencia**  
CrossBakhfit, HIIT, Desafío Extremo, Bakh Xtreme, HIIT Training

**Baile y coreografiadas**  
Sh'bam, Body Jam, Zumba

**Cuerpo -Mente**  
Body Balance, Movilidad Articular

**Cardiovasculares**  
Cycling, Cycling virtual, Running

**Corpore Sano**  
Yoga, Gravity, Espalda Sana-Gravity, Hipopélvicos, Gravity-Pilates, HIIT Gravity  
*\*(Actividades personalizadas con tarifa adicional. Consulta en recepción)*

- CYCLING
- TONIFICACIÓN + CARDIO
- CORPORE SANO
- NOVEDADES
- RUNNING