

AGOSTO 2024

Aretoa Sala	Osteguna Jueves 1	Ostirala Viernes 2	Larunbata Sábado 3	Igandea Domingo 4
7:15-8:05	Cycling	Cycling Virtual		
8:15-9:15	1	GAP		
9:30-10:30	1	Entrenam Funcional	Entrenam Funcional	
	Cycling	Cycling		Cycling Virtual
10:45-11:45	2	Cycling Virtual	Cycling Virtual	Cycling Virtual
	1		Entrenam Funcional	
12:00-13:00	1	Body Pump	Body Balance	
	Cycling			
15:00-15:45	2	Cycling Virtual	Cycling Virtual	
15:30-16:20	Cycling		Calistenia	
16:45-17:35	3	Cycling Virtual	Cycling Virtual	
17:45-18:35	1		Latin Bakh	
18:35-19:25	2	Body Pump	Entrenam Funcional	
		Cycling Virtual	Cycling	
		Calistenia	Calistenia	

Aretoa Sala	Astelehena Lunes 5	Astearte Martes 6	Asteazkena Miércoles 7	Osteguna Jueves 8	Ostirala Viernes 9	Larunbata Sábado 10	Igandea Domingo 11
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
	2		Calistenia		Calistenia		
9:30-10:30	1	Entrenam Funcional		Entrenam Funcional		Cycling Virtual	Cycling Virtual
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:45-11:45	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
	2	Body Pump	Entrenam Funcional	Body Pump	Entrenam Funcional		
12:00-13:00	1	HIIT		HIIT			
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	3	Latin Bakh	Latin Bakh		Latin Bakh		
17:45-18:35	1	Entrenam Funcional	Body Pump	Entrenam Funcional	G.A.P		
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
19:00-20:00	2	Calistenia	Entrenam Funcional	Calistenia			

Aretoa Sala	Astelehena Lunes 12	Astearte Martes 13	Asteazkena Miércoles 14	Osteguna Jueves 15	Ostirala Viernes 16	Larunbata Sábado 17	Igandea Domingo 18
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
	1	Body Pump		Body Pump			
9:30-10:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:45-11:45	1	Entrenam Funcional		Entrenam Funcional		Cycling Virtual	Cycling Virtual
	1	Body Jam		Body Jam		Cycling Virtual	Cycling Virtual
12:00-13:00	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	3	Latin Bakh	Latin Bakh		Latin Bakh		
16:45-17:35	1	Entrenam Funcional					
17:45-18:35	1	Body Jam					
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		

Aretoa Sala	Astelehena Lunes 19	Astearte Martes 20	Asteazkena Miércoles 21	Osteguna Jueves 22	Ostirala Viernes 23	Larunbata Sábado 24	Igandea Domingo 25
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
	1	Sh'bam Virtual	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual		
8:15-9:15	1	Body Pump	Body Pump Virtual	Body Pump Virtual	Body Pump Virtual	Body Pump Virtual	Body Balance Virtual
9:30-10:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual
10:45-11:45	1	Entrenam Funcional	Sh bam virtual	Sh bam virtual	Sh bam virtual	Body Pump Virtual	Body Combat Virtual
	1	Body Jam	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	Body Combat Virtual	
12:00-13:00	1	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
15:30-16:30	1	Body Pump Virtual	Sh'bam Virtual	Sh'bam Virtual	Sh'bam Virtual		
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual		
16:45-17:35	3	Latin Bakh	Latin Bakh	Latin Bakh		Latin Bakh	
16:45-17:35	1	Body Balance Virtual	Entrenam Funcional	Body Pump Virtual	Body Combat Virtual	Body Balance Virtual	
17:45-18:35	1	Body Combat Virtual	Body Pump	Body Combat Virtual	Body Pump Virtual	Body Pump Virtual	
18:30-19:30	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
19:00-20:00	1	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	Body Combat Virtual	Body Pump Virtual	
20:15-21:15	1	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	Body Balance Virtual	

Aretoa Sala	Astelehena Lunes 26	Astearte Martes 27	Asteazkena Miércoles 28	Osteguna Jueves 29	Ostirala Viernes 30	Larunbata Sábado 31
7:15-8:05	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
	1	Sh'bam Virtual	Body Balance Virtual	Sh'bam Virtual	Body Balance Virtual	
8:15-9:15	1	Body Pump	Body Combat	Body Pump	Body Pump	Entrenam Funcional
9:30-10:30	Cycling	Cycling	Cycling	Cycling	Cycling	Cycling Virtual
	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling
10:45-11:45	1	Body Balance	Body Balance	Body Balance	Body Balance	Body Combat Virtual
	1	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	
12:00-13:00	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
	1		Entrenam Funcional			
15:30-16:30	1	G.A.P		G.A.P		Body Pump Virtual
15:30-16:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling Virtual	
	1	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual	Body Combat Virtual	Body Balance Virtual
16:45-17:35	1	Body Combat	Body Balance	Body Combat	Body Balance	Entrenamiento funcional
17:45-18:45	1	Cycling	Cycling	Cycling	Cycling	
17:45-18:35	Cycling	Cycling	Cycling	Cycling	Cycling	
18:35-19:20	Cycling	Cycling Virtual	Cycling Virtual	Cycling Virtual	Cycling	
19:00-20:00	1	Body Balance	CORE 30'	Body Balance	CORE 30'	
20:20-21:20	1	Body Pump Virtual	Body Pump Virtual	Body Pump Virtual	Body Pump Virtual	