

PARRILLA PROVISIONAL DE HORARIOS

ACTIVIDADES DIARIAS

Desde el 16 de Septiembre

		LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	
7:15	8:00	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL
7:15	8:00	SALA 1	BODY PUMP		BODY PUMP		PILATES
7:15	8:00	SALA 4 b	PILATES		PILATES		
7:15	8:45	SALA 4 b		YOGA		YOGA	YOGA
8:15	9:00	CYCLING		CYCLING VIRTUAL		CYCLING VIRTUAL	
8:15	9:00	SALA 1	PILATES	BODY PUMP	BODY BALANCE	BODY PUMP	PILATES
9:00	10:30	SALA 4 b		YOGA		YOGA	
9:15	10:00	FITNESS		FIT BODY		FIT BODY	FUNCIONAL DEPOR
9:15	10:00	SALA 3	FUNCIONAL DEPOR		FUNCIONAL DEPOR		
9:15	10:00	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL
9:15	10:00	SALA 1	G A P	BODY COMBAT	CORE	BODY BALANCE	G A P
9:45	11:15	SALA 4 b					YOGA
10:00	11:30	SALA 4 b	YOGA		YOGA		
10:15	11:00	PISCINA		AQUAGYM		AQUAGYM	AQUAGYM
10:15	11:00	FITNESS		ABS Y STRETCH		ABS Y STRETCH	
10:15	11:00	SALA 1	SUSPENSION DEPOR	BODY BALANCE	BODY PUMP	BARRE	BODY PUMP
10:15	11:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:15	11:00	SALA 3	PILATES		PILATES		PILATES
11:15	12:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:15	12:00	SALA 1	ZUMBA	PILATES	BODY BALANCE	PILATES	FIT BODY
11:15	12:00	SALA 3	POSTURAL FIT		POSTURAL FIT		POSTURAL FIT
14:15	15:00	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL
14:15	15:00	SALA 1		BODY PUMP		BODY PUMP	
14:15	15:00	FITNESS	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	SUSPENSION DEPOR
14:15	15:00	SALA 4 b	PILATES		PILATES		PILATES
15:15	16:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
15:15	16:00	FITNESS					
15:15	16:00	SALA 1	SUSPENSION DEPOR	G A P	BODY PUMP	G A P	BODY PUMP
15:15	16:00	SALA 4 b		PILATES		PILATES	
16:00	16:45	SALA 4 b	PILATES	BODY BALANCE	PILATES		
17:00	17:45	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
17:00	17:45	SALA 1	BODY PUMP	ZUMBA	FIT BODY	ZUMBA	
17:00	17:45	SALA 4 b	BODY BALANCE	PILATES		CORE	
17:00	18:30	SALA 4 b			YOGA		
18:00	18:45	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
18:00	18:45	SALA 1	BODY COMBAT	FIT BODY	BODY PUMP	G A P	
18:00	18:45	SALA 4 b		BARRE	PILATES	BODY BALANCE	
18:00	19:30	SALA 4 b	YOGA				
18:15	19:00	FITNESS		CROSS DEPOR		CROSS DEPOR	FUNCIONAL DEPOR
18:30	20:00	SALA 4 b			YOGA		
19:00	19:45	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
19:00	19:45	SALA 1	FIT BODY	BODY PUMP	BODY COMBAT	BODY PUMP	
19:15	20:00	FITNESS		CROSS DEPOR		CROSS DEPOR	
19:30	21:00	SALA 4 b	YOGA				
20:00	20:45	CYCLING	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL
20:00	20:45	SALA 1	BODY PUMP	PILATES	SUSPENSION DEPOR	BODY BALANCE	
20:15	21:00	FITNESS	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR		

LOS CURSOS PODRAN VERSE MODIFICADOS INCLUSO SER SUSPENDIDOS SI NO SE CONSIGUE EL NÚMERO SUFICIENTE DE INSCRITOS, O POR OTRAS CIRCUNSTANCIAS IMPREVISTAS.



CLUB DEPORTIVO BILBAO