



CLUB
DEPORTIVO
BILBAO

PARRILLA ACTIVIDADES

OCTUBRE 2023

			LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
7:15	8:00	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING
7:15	8:00	SALA 1	PILATES	BODY PUMP	PILATES	BODY PUMP	PILATES
7:15	8:45	SALA 2					Y O G A
8:00	8:45	SALA 4		REFORMER		REFORMER	
8:15	9:00	CYCLING		CYCLING VIRTUAL		CYCLING VIRTUAL	
8:15	9:00	SALA 1	BODY BALANCE	PILATES	PILATES	PILATES	BARRE
9:00	9:45	SALA 4		REFORMER	REFORMER	REFORMER	
9:15	10:00	FITNESS	FUNCIONAL DEPOR	FIT BODY	FUNCIONAL DEPOR	FIT BODY	FUNCIONAL DEPOR
9:15	10:00	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL
9:15	10:00	SALA 1	G A P	BARRE	G A P	BODY COMBAT	G A P
9:45	11:15	SALA 2					Y O G A
10:00	10:45	SALA 4	REFORMER	REFORMER	REFORMER	REFORMER	
10:00	11:30	SALA 2			Y O G A		
10:00	10:45	PISCINA		AQUAGYM		AQUAGYM	
10:15	11:00	PISCINA					AQUAGYM
10:15	10:45	FITNESS	STRETCHING 30´	STRETCHING 30´	STRETCHING 30´	STRETCHING 30´	STRETCHING 30´
10:15	11:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:15	11:00	SALA 1	BODY PUMP	BODY BALANCE	ZUMBA	BARRE	
10:15	11:00	SALA 3	PILATES		PILATES		PILATES
10:45	11:15	FITNESS	ABS 30'	ABS 30'	ABS 30'	ABS 30'	ABS 30'
11:00	11:45	SALA 4	REFORMER				
11:15	12:00	SALA 3	BARRE		BODY BALANCE		HIPOPRESIVOS
11:15	12:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:15	12:00	SALA 1	ZUMBA	PILATES	FIT BODY	PILATES	BODY PUMP
12:00	12:45	SALA 3		HIPOPRESIVOS		HIPOPRESIVOS	
12:15	13:15	SALA 1	TAI - CHI	TAI - CHI	TAI - CHI	TAI - CHI	
14:00	14:45	SALA 4	REFORMER			REFORMER	
14:15	15:00	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
14:15	15:00	SALA 1	PILATES	BODY PUMP	PILATES	BODY PUMP	PILATES
14:15	15:00	FITNESS	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR
14:15	15:00	SALA 4		REFORMER	REFORMER		
15:00	15:45	SALA 4				REFORMER	
15:15	16:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
15:15	16:00	SALA 1	SUSPENSION DEPOR	G A P	BODY BALANCE	FIT BODY	BODY PUMP
15:15	15:45	FITNESS					STRETCHING 30´
15:15	16:00	SALA 2		PILATES		PILATES	
15:30	16:15	SALA 4	REFORMER		REFORMER		
17:00	17:45	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
17:00	17:45	SALA 1	PILATES	ZUMBA	PILATES	ZUMBA	
17:00	17:45	SALA 2		BODY BALANCE	Y O G A	PILATES	
17:00	17:45	SALA 4		REFORMER INICIA		REFORMER INICIA	
18:00	18:45	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
18:00	18:45	SALA 1	BODY PUMP	BODY COMBAT	BODY PUMP	FIT BODY	
18:00	18:45	SALA 4		REFORMER	PILATES	REFORMER	
18:00	19:30	SALA 2	Y O G A	PILATES		PILATES	
18:00	18:45	fronton arriba	CROSS KIDS		CROSS KIDS		
18:15	19:00	FITNESS		CROSS DEPOR		CROSS DEPOR	
18:30	20:00	SALA 2			Y O G A		
19:00	19:45	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
19:00	19:45	SALA 1	FIT BODY	BODY PUMP	G A P	BODY PUMP	
19:00	19:45	SALA 4	PILATES	REFORMER	PILATES	REFORMER	
19:00	19:45	SALA 2		BARRE		PILATES	
19:15	20:00	FITNESS	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR	ABS- STRETC
19:30	21:00	SALA 2	Y O G A				
20:00	20:45	CYCLING			CYCLING VIRTUAL		CYCLING VIRTUAL
20:00	20:45	SALA 1	BODY PUMP	PILATES	FIT BODY	SUSPENSION DEPOR	
20:00	20:45	SALA 4					
20:15	21:00	FITNESS	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR		
20:45	21:15	SALA 1	HIPOPRESIVOS				
20:45	21:15	SALA 4			HIPOPRESIVOS		