CLUB DEPORTIVO BILBAO

Semana Santa
Del 25 al 31 de Marzo

PROGRAMACION ESPECIAL

			LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
7:15	8:00	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING		
7:15	8:00	SALA 1		BODY PUMP			
7:15	8:45	SALA 2					
8:15	9:00	CYCLING		CYCLING VIRTUAL			
8:15	9:00	SALA 1		BODY COMBAT			
8:15	9:00	SALA 3					
9:15	10:00	FITNESS	FUNCIONAL DEPOR	FIT BODY	FUNCIONAL DEPOR		
9:15	10:00	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
9:15	10:00	SALA 1	G A P		G A P		
9:45	11:15	SALA 2					
10:00	11:30	SALA 3	Y O G A				
10:00	11:30	SALA 2			Y O G A		
10:15	11:00	PISCINA		AQUAGYM			
10:15	11:00	SALA 2		ABS- STRETC			
10:15	11:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:15	11:00	SALA 1	ZUMBA		ZUMBA		
10:15	11:00	SALA 3					
11:00	11:30	SALA 2					
11:00	11:30	SALA 3					
11:15	12:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:15	12:00	SALA 1	FIT BODY		ABS- STRETC		
12:00	12:45	SALA 3					
14:15	15:00	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
14:15	15:00	SALA 1		BODY PUMP			
14:15	15:00	FITNESS	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR		
15:00	15:45	SALA 4					
15:15	16:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
15:15	16:00	SALA 1	SUSPENSION DEPOR		BODY PUMP		
15:15	16:00	SALA 2					
16:00	16:45	SALA 1			ABS- STRETC		
17:00	17:45	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
17:00	17:45	SALA 1	ABS- STRETC	ZUMBA	FIT BODY		
17:00	18:30	SALA 4			Y O G A		
18:00	18:45	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
18:00	18:45	SALA 1	BODY PUMP	FIT BODY	BODY PUMP		
18:00	19:30	SALA 4	Y O G A				
18:00	18:45	SALA 2	PILATES		PILATES		
18:15	19:00	FITNESS		CROSS DEPOR			
18:30	20:00	SALA 4			Y O G A		
19:00	19:45	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
19:00	19:45	SALA 1	FIT BODY		BODY COMBAT		
19:00	19:45	SALA 2			PILATES		
19:15	20:00	FITNESS	CROSS DEPOR	RUNNING DEPOR			
19:30	21:00	SALA 4	Y O G A				
20:00	20:45	CYCLING			CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
20:00	20:45	SALA 1			SUSPENSION DEPOR		
20:15	21:00	FITNESS	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR		

CLUB DEPORTIVO BILBAO

Semana Santa
Del 1 al 7 de Abril

PROGRAMACION ESPECIAL

			LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
7:15	8:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING VIRTUAL
7:15	8:00	SALA 1		BODY PUMP	PILATES	BODY PUMP	PILATES
7:15	8:45	SALA 2					YOGA
8:15	9:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		CYCLING VIRTUAL	
8:15	9:00	SALA 1		BODY COMBAT	BODY BALANCE	PILATES	BARRE
8:15	9:00	SALA 3					
9:15	10:00	FITNESS		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		PILATES	GAP	BODY COMBAT	GAP
9:45	11:15	SALA 2					YOGA
10:00	11:30	SALA 3					
10:00	11:30	SALA 2			YOGA		
10:15	11:00	PISCINA		AQUAGYM		AQUAGYM	AQUAGYM
10:15	11:00	SALA 2					
10:15	11:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
10:15	11:00	SALA 1		BODY BALANCE	FIT BODY	BARRE	BODY PUMP
10:15	11:00	SALA 3			PILATES		PILATES
11:00	11:30	SALA 2					
11:00	11:30	SALA 3			HIPOPRESIVOS		HIPOPRESIVOS
11:15	12:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:15	12:00	SALA 1		PILATES	BODY BALANCE	PILATES	ZUMBA
12:00	12:45	SALA 3		HIPOPRESIVOS		HIPOPRESIVOS	
14:15	15:00	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL
14:15	15:00	SALA 1		BODY PUMP	PILATES	BODY PUMP	PILATES
14:15	15:00	FITNESS		FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR
15:15	16:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
15:15	16:00	SALA 1		PILATES	BODY PUMP	PILATES	BODY PUMP
16:00	16:45	SALA 1		BODY BALANCE	ABS- STRETC	PILATES	
17:00	17:45	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
17:00	17:45	SALA 1		ZUMBA	FIT BODY	ZUMBA	
17:00	17:45	SALA 2		PILATES		PILATES	
17:00	18:30	SALA 4			YOGA		
18:00	18:45	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
18:00	18:45	SALA 1		FIT BODY	BODY PUMP	GAP	
18:00	19:30	SALA 4					
18:00	18:45	SALA 2		PILATES		PILATES	
18:15	19:00	FITNESS		CROSS DEPOR		CROSS DEPOR	FUNCIONAL DEPOR
18:30	20:00	SALA 4			YOGA		
19:00	19:45	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL
19:00	19:45	SALA 1		BODY PUMP	BODY COMBAT	BODY PUMP	
19:00	19:45	SALA 2		BARRE / BALANCE	PILATES		
19:15	20:00	FITNESS		RUNNING DEPOR			
20:00	20:45	CYCLING	CYCLING VIRTUAL		CYCLING VIRTUAL		CYCLING VIRTUAL
20:00	20:45	SALA 1		PILATES	SUSPENSION DEPOR	PILATES	
20:15	21:00	FITNESS		CROSS DEPOR	CROSS DEPOR	CROSS DEPOR	