



CLUB
DEPORTIVO
BILBAO

PARRILLA ACTIVIDADES

A PARTIR DEL 18 DE SEPTIEMBRE

			LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO	DOMINGO
7:15	8:00	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING VIRTUAL	CYCLING		
7:15	8:00	SALA 1		BODY PUMP		BODY PUMP			
7:15	8:45	SALA 2					Y O G A		
7:15	8:00	SALA 3	PILATES		PILATES		PILATES		
8:00	8:45	SALA 4		REFORMER		REFORMER			
8:15	9:00	CYCLING		CYCLING VIRTUAL		CYCLING VIRTUAL			
8:15	9:00	SALA 3		PILATES		PILATES			
8:30	9:15	SALA 3	BODY BALANCE		PILATES		BODY BALANCE		
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	BODY BALANCE	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		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'	AADD SABADO	AADD DOMINGO
10:15	11:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING
10:15	11:00	SALA 1	BODY PUMP	BODY COMBAT	ZUMBA	BODY BALANCE	BODY PUMP		
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		REFORMER				
11:15	12:00	SALA 3	HIPOPRESIVOS		HIPOPRESIVOS		HIPOPRESIVOS		
11:15	12:00	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL	CYCLING VIRTUAL
11:15	12:00	SALA 1	ZUMBA		FIT BODY		ZUMBA	AADD SABADO	AADD DOMINGO
11:15	12:00	SALA 3		PILATES		PILATES			
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	FIT BODY	BODY PUMP	PILATES	BODY PUMP	SUSPENSION DEPOR		
14:15	15:00	FITNESS		FUNCIONAL DEPOR	FUNCIONAL DEPOR	FUNCIONAL DEPOR			
14:15	15:00	SALA 4		REFORMER	REFORMER				
14:15	15:00	SALA 2	PILATES				PILATES		
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	SALA 3					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				
17:00	17:45	SALA 4		REFORMER INIC		REFORMER INIC			
18:00	18:45	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
18:00	18:45	SALA 1	SUSPENSION DEPOR	BODY PUMP	BODY PUMP	BODY COMBAT			
18:15	19:00	FITNESS		CROSS DEPOR				FUNCIONAL DEPOR	ABS-STRETCHING
18:00	18:45	SALA 4		REFORMER		REFORMER			
18:00	19:15	SALA 2		PILATES	BODY BALANCE	PILATES			
18:00	19:30	SALA 2	Y O G A						
18:30	20:00	SALA 2			Y O G A				
19:00	19:45	CYCLING	CYCLING VIRTUAL	CYCLING	CYCLING	CYCLING VIRTUAL	CYCLING VIRTUAL		
19:00	19:45	SALA 1	FIT BODY	BODY COMBAT	G A P	BODY PUMP			
19:00	19:45	SALA 4	PILATES	REFORMER	PILATES	REFORMER			
19:00	19:45	SALA 2		PILATES		PILATES			
19:15	20:00	FITNESS	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR	ABS-STRETCHING	ABS-STRETCHING	FUNCIONAL DEPOR
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	BODY BALANCE	BODY COMBAT	SUSPENSION DEPOR			
20:00	20:45	SALA 4		HIPOPRESIVOS		HIPOPRESIVOS			
20:45	21:15	SALA 1	STRETCHING 30'		STRETCHING 30'				
20:15	21:00	FITNESS	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR	CROSS DEPOR			