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LUNES			MARTES		MIÉRCOLES		JUEVES		VIERNES		
Sala 1	Sala 2		Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	
Pilates 9.00 – 10.00	Mindfulness 9.15-10.15		Pilates 9.15 – 10.15		Pilates 9.00 – 10.00		Pilates 9.15 – 10.15		BBT + E.Funcional 9.00-10.00		
Pilates 10.15 – 11.15			Yoga 10.30 – 11.45	Zumba* 10.15 – 11.15	Pilates 10.15 – 11.15		Yoga 10.30 – 11.45	Hipopresivos 10.15 – 11.15	Zumba 10.15 – 11.15		
			Pilates 15.15 – 16.15				Pilates 15.15 – 16.15				
Zumba 15.45 – 16.45	Interval KickBox 17.00-18.00		BBT + E.Funcional. 16.15-17.15	Hipopresivos 16.15 -17.15	Zumba 15.45 – 16.45	BBT + E.Funcional 17.00-18.00	BBT + E.Funcional 16.15-17.15		D. Urbana Adultos 16.15 – 17.15		
Danza Creativa 17.15 – 18.15	D. Urbana 17.15 – 18.15		D. Urbana 17.15 – 18.15	D. Urbana 17.15 – 18.15	D. Urbana 17.15 – 18.15	D. Urbana 17.15 – 18.15	D. Urbana 17.15 – 18.15	D. Urbana 17.15 – 18.15	D. Urbana 17.15 – 18.15	D. Creativa 17.15 – 18.15	D. Creativa 17.15 – 18.15
Aerobic 18.15 – 19.15	Pilates 18.15 – 19.15		Zumba 18.15 – 19.15	Yoga 18.30 – 19.45	Aerobic 18.15 – 19.15	Pilates 18.15 – 19.15	Zumba 18.15 – 19.15	Yoga 18.30 – 19.45	Talleres Danza Adultos 18,15-19,15		D. Creativa 18.15-19.15
Pilates T. 19.15 – 20.15	D. Árabe Intermedio 19.15 – 20.15		Pilates 19.15 – 20.15		Pilates T. 19.15 – 20.15	BBT + E.Funcional 19.15 – 20.15	Pilates 19.15 – 20.15				
	D. Árabe Iniciación 20.15 – 21.15	Def. Personal 20.15 – 21.15	Interval KickBox 20.15-21.15	Yoga 20.00 – 21.15		Def. Personal 20.15 – 21.15	Interval KickBox 20.15-21.15	Yoga 20.00 – 21.15			
Zumba 20.30 – 21.30					Zumba 20.30 – 21.30						

BBT (Barefoot Balance Training) E. Funcional (Entrenamiento funcional)