



ATE IREKIAK

	Asteartea 10					Asteazkena 11					Osteguna 12					Ostirala 13				
	Zumba	Spining	Pilates	Aereo	Uarkape 1	Uarkape 2	Zumba	Spining	Pilates	Aereo	Uarkape 1	Uarkape 2	Zumba	Spining	Pilates	Aereo	Uarkape 1	Uarkape 2	Zumba	Aereo
07:00										TRX (07:00)										AERO PILATES 07.00
09:15		SPINING (09.15)	PILATES (09.15)						PILATES (09.15)					SPINING (09.15)	PILATES (09.15)					KONBI TONO (9.30)
10:15			PILATES (10.30)	AEREO LASAIA (10.30)			ZUMBA (10.30)		PILATES (10.30)			K-STRECH (10.30)			PILATES (10.30)	YOGA 10.30			ZUMBA STRONG (10.30)	
11:15												K-STRECH (11.30)								
13:30																				
15:00			PILATES 15:00				ZUMBA (15.00)		PILATES 15:00						PILATES 15:00					ZUMBA STRONG (15.00)
16:00																				
17:00																				
17:30	HAURRAKTIBITI (17.30)	SPINING (17.30)	PILATES (17.30)		(17:15) K-STRECH		ZUMBA GAZTEAK (17.30)		PILATES (17.30)			HIPOPRESIBOAK 17.15	JUMPFIT (17.30)	SPINING (17.30)	PILATES (17.30)		(17:15) K-STRECH			
18:30	BODY PUMP (18.30)		BODY BALANCE (18.30)			HIPOPRESIBOAK (18.15)	ZUMBA (18.30)	SPINING (18.30)	YOGA (18.30)				BODY PUMP (18.30)		BODY BALANCE (18.30)			HIPOPRESIBOAK (18.15)		
19:30	KROSSFIT (19.30)		PILATES (19.30)				ZUMBA (19.30)	SPINING (19.30)	PILATES (19.30)						PILATES (19.30)	TRX (19:30)				