

Hasiera Inicio	Amaiera Final	Espazioa Espacio	ASTELEHENA LUNES	ASTEARTEA MARTES	ASTEAZKENA MIÉRCOLES	OSTEGUNA JUEVES	OSTIRALA VIERNES	LARUNBATA SABADO	IGANDEA DOMINGO
GOIZA / MAÑANA									
08.00-21.30	1S - F		FITNESS	FITNESS	FITNESS	FITNESS	FITNESS		
08.10-09.00	IG			AQUAGYM		AQUAGYM	AQUATONIC		
08.30-09.25	1S - C			CICLO EUSKERA		CICLO EUSKERA			
	4S - A			MOBILITY		MOBILITY			
09.00-13.30	1S - F							FITNESS	
09.00-09.55	4S - A		ZUMBA		ZUMBA		BODY POWER		
	FR - ERB		PILATES AEREO		PILATES AEREO				
09.30-10.25	4S - A			GAPC		GAPC	AQUAGYM +65	BODY POWER	
	4S - B			PILATES		PILATES			
09.30-10.55	2S		YOGA		YOGA				
10.00-10.55	1S - C		CICLO INDOOR		CICLO INDOOR		CICLO INDOOR		CICLO INDOOR
	4S - A		TBT - TOTAL BODY TRAINNING		TBT - TOTAL BODY TRAINNING				
	4S - B		PILATES		PILATES				
10.30-11.25	4S - A			BAILES LATINOS		BAILES LATINOS		CICLO INDOOR	
11.00-11.55	4S - B		PILATES		PILATES				
12.30-13.25	2S			HIPOPRESIBOAK		HIPOPRESIBOAK			
EGUERDIA / MEDIODÍA									
13.30-14.20	IG		AQUATONIC		AQUATONIC		AQUATONIC		
14.00-14.55	4S - A		BODY POWER	CARDIO FIT	BODY POWER	CARDIO FIT			
15.00-15.55	1S - C			CICLO EUSKERA		CICLO EUSKERA			
	FR - ERB		PILATES AEREO		PILATES AEREO				
ARRATSALDEA / TARDE									
16.30-17.25	4S - A		GAPC		GAPC		ZUMBA		
	4S - A			MOBILITY		MOBILITY			
	2S		HIPOPRESIBOAK		HIPOPRESIBOAK				
17.30-18.25	4S - A		TOTAL CORE	BAILES LATINOS	TOTAL CORE	BAILES LATINOS			
	4S - B		PILATES	BODY POWER	PILATES	BODY POWER			
	1S - C		CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR			
	2S		PILATES	PILATES	PILATES	PILATES			
	FR - ERB		SUSPENSION TRAINING	SUSPENSION TRAINING		SUSPENSION TRAINING			
	BET		CROSSTRAIN	CROSSTRAIN	CROSSTRAIN	CROSSTRAIN			
18.30-19.25	4S - A		ZUMBA	BODY POWER	ZUMBA	BODY POWER			
	4S - B		BODY POWER		BODY POWER				
	2S		PILATES	PILATES	PILATES	PILATES			
	1S - C		CICLO INDOOR	CICLO EUSKERA	CICLO INDOOR	CICLO EUSKERA			
	FR - ERB			PILATES AEREO		PILATES AEREO			
	BET		CROSSTRAIN	CROSSTRAIN	CROSSTRAIN	CROSSTRAIN			
19.00-19.50	IG			AQUATONIC					
19.15-20.05			AQUAGYM		AQUAGYM				
19.30-20.25	4S - A		BODY POWER	CARDIO FIT	BODY POWER	CARDIO FIT			
	4S - B				HIPOPRESIBOAK				
	FR - ERB		SUSPENSION TRAINING		SUSPENSION TRAINING				
19.30-20.55	2S		YOGA		YOGA				
20.30-21.25	4S - A			TBT - TOTAL BODY TRAINNING		TBT - TOTAL BODY TRAINNING			

Goza itzazu nahibeste
Disfrútalas por

47,40 €

hilean ordainduta

*Abonatuentzako prezioa /
Precio personas abonadas.

ESPASIOAK / ESPACIOS	M.A.BLANCO						
	PT	IG	1S - F	1S - C	2S	4S – A	4S – B
	Pista	Igerilekua Piscina	1. solairua – Fitness Planta 1 - Fitness	1. solairua – Cardio Planta 1 - Cardio	Erab. Anitzeko Aretoa Sala Multiusos	4. solairua – A Aretoa Planta 4 - Sala A	4. solairua – B Aretoa Planta 4 - Sala B
BETIONDO		ARITZMENDI					
BET	FR Kantxa Cancha	FR – ERB Errebote Aretoa Sala Rebote					