

PREMIUM TARIFAKO JARDUERAK - IRAILA 2021

ACTIVIDADES TARIFA PREMIUM - SEPTIEMBRE 2021

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	F	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS			
08.10-09.00	IG		AQUAGYM		AQUAGYM	AQUATONIC			
08.30-09.25	F		CICLO EUSKERA		CICLO EUSKERA				
09.00-09.55	4S - B	HIPO-YOGA		HIPO-YOGA					
09.00-13.30	F						FITNESS		
09.30-10.25	F					CICLO INDOOR			
09.30-10.25	4S - A	AEROBIC	GAPC	AEROBIC	GAPC	AEROBIC			
09.30-10.25	4S - B		PILATES		PILATES				
10.00-10.55	F						CICLO INDOOR		
10.00-10.55	4S - B			TBT - TOTAL BODY TRAINNING					
10.00-10.55	2S	YOGA		YOGA					
10.30-11.25	F	CICLO INDOOR		CICLO INDOOR					
10.30-11.25	4S - B		HIPO-YOGA		HIPO-YOGA				
10.30-11.25	4S - A		DANTZAK 0		DANTZAK 0				
11.00-11.55	4S - B					HIPO-YOGA			
11.00-11.55	F							CICLO INDOOR	
11.00-11.55	4S - B	PILATES		PILATES					
12.00-12.55	4S - B	PILATES		PILATES					
EGUERDIA / MEDIODÍA									
13.45-14.40	4S - A		TBT - TOTAL BODY TRAINNING		TBT - TOTAL BODY TRAINNING				
13.45-14.40	2S		PILATES		PILATES				
14.00-14.55	4S - A	BODY POWER		BODY POWER					
14.45-15.40	F	CICLO EUSKERA	CICLO INDOOR	CICLO EUSKERA	CICLO INDOOR				
15.00-15.55	4S - B	PILATES		PILATES					
ARRATSALDEA / TARDE									
16.30-17.25	2S	HIPO-STRETCHING		HIPO-STRETCHING					
16.30-17.25	4S - A	ZOOMBA		ZOOMBA		ZOOMBA			
16.30-17.25	4S - B		STRETCHING		STRETCHING				
17.30-18.25	2S	PILATES							
17.30-18.25	4S - A	TOTAL CORE	LATIN DANCE 0-1	TOTAL CORE	LATIN DANCE 0-1				
17.30-18.25	4S - B			PILATES					
18.00-18.55	F	CICLO INDOOR	CICLO EUSKERA	CICLO INDOOR	CICLO EUSKERA	TBT - TOTAL BODY TRAINNING			
18.00-18.55	4S - B		PILATES		PILATES				
18.30-19.25	4S - A	ZOOMBA	BODY POWER	ZOOMBA	BODY POWER				
18.30-19.25	4S - B	PILATES		PILATES					
18.30-19.25	FR			PATINAJE					
19.00-19.55	F	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR				
19.15-20.05	IG	AQUAGYM		AQUAGYM					
19.30-20.25	4S - A	BODY POWER	GAPC	BODY POWER	GAPC				
19.30-20.25	2S		PILATES		PILATES				
19.30-20.25	4S - B	HIPO-STRETCHING		HIPO-STRETCHING					
20.00-20.55	2S	YOGA		YOGA					
20.00-20.55	4S - B		TBT - TOTAL BODY TRAINNING		TBT - TOTAL BODY TRAINNING				
ESPASIOAK / ESPACIOS			IG: IGERILEKUA PISCINA	K: CANCHA	F: FITNESS	2S: 2 SOLAIRUA SALA MULTIUSOS	4S-A 4.SOLAIRUA A PLANTA 4 - SALA A	4S-B 4.SOLAIRUA B PLANTA 4 - SALA B	FR: FRONTOIA