

HELDUEN ZUZENDURIKO JARDUERAK
ACTIVIDADES DIRIGIDAS PERSONAS ADULTAS

Jarduera Actividad	Adina Edad	Egunak Días	Ordutegia Horario	Aretoa Sala	Kuota Cuota
FITNESS	16+	Altik Orria L-V LR S	08.00-21.30 09.00-13.30	P1	35.40 54.90
AEROBIC	12 +	AL L	09.30-10.25	P4 - A	13.95 21.70
		AZ X	09.30-10.25	P4 - A	13.95 21.70
		OT V	09.30-10.25	P4 - A	13.95 21.70
TBT – TOTAL BODY TRAINING	16 +	AR-OG M-J	13.45-14.40	P1	26.80 41.45
		AR-OG M-J	20.00-20.55	P4 – A	26.80 41.45
		AZ X	10.00-10.55	P4 - B	13.95 21.70
		AL-AZ L-X	20.30-21.25	P4 – A	26.80 41.45
TOTAL CORE	16 +	AT L	17.30-18.25	P4 – A	13.95 21.70
		AZ X	17.30-18.25	P4 – A	13.95 21.70
BODY POWER	16 +	AL-AZ L-X	14.00-14.55	P4 – A	26.80 41.45
		AL-AZ L-X	19.30-20.25	P4 – A	26.80 41.45
		AR-OG M-J	18.30-19.25	P4 – A	26.80 41.45
YOGA INTEGRAL	12+	OT V	11.00-11.55	P4 - B	16.30 25.25
YOGA	12 +	AL-ATZ L-X	10.00-10.55	P2	30.25 46.80
		AL-ATZ L-X	20.00-20.55	P2	30.25 46.80
HIPO-YOGA	12 +	AL L	09.00-09.55	P4 – B	16.30 25.25
		AZ X	09.00-09.55	P4 – B	16.30 25.25
		AR M	10.30-11.25	P4 – B	16.30 25.25
		OG J	10.30-11.25	P4 – B	16.30 25.25
HIPO- STRETCHING	12 +	AL L	16.30-17.25	P2	16.30 25.25
		AZ X	16.30-17.25	P2	16.30 25.25
		AL L	19.30-20.25	P4 – B	16.30 25.25
		AZ X	19.30-20.25	P4 – B	16.30 25.25
ZOOMBA	12 +	AL L	16.30-17.25	P4 – A	13.95 21.70
		AL L	18.30-19.25	P4 – A	13.95 21.70
		AZ X	16.30-17.25	P4 – A	13.95 21.70
		AZ X	18.30-19.25	P4 – A	13.95 21.70
		OR V	16.30-17.25	P4 – A	13.95 21.70
CICLO INDOOR	13+	AL-AZ L-X	10.30-11.25	P1	30.25 46.80
		AL-AZ L-X	18.00-18.55	P1	30.25 46.80
		AL-AZ L-X	19.00-19.55	P1	30.25 46.80
		AR-OG M-J	14.45-15.40	P1	30.25 46.80
		AR-OG M-J	19.00-19.55	P1	30.25 46.80
		OR V	09.30-10.25	P1	16.30 25.25

		LR S	10.00-10.55	P1	16.30 25.25
		IG D	11.00-11.55	P1	16.30 25.25
CICLO INDOOR (E)	13+	AL-AZ L-X	14.45-15.40	P1	30.25 46.80
		AR-OG M-J	08.30-09.25	P1	30.25 46.80
		AR-OG M-J	18.00-18.55	P1	30.25 46.80
STRETCHING	12+	AR M	16.30-17.25	P4 - B	16.30 25.25
		OG J	16.30-17.25	P4 - B	16.30 25.25
PILATES	12+	AL-AZ L-X	11.00-11.55	P4 - B	30.25 46.80
		AL-AZ L-X	12.00-12.55	P4 - B	30.25 46.80
		AL-AZ L-X	15.00-15.55	P4 - B	30.25 46.80
		AL-AZ L-X	17.30-18.25	P2	30.25 46.80
		AL-AZ L-X	18.30-19.25	P4 - B	30.25 46.80
		AR-OG M-J	09.30-10.25	P4 - B	30.25 46.80
		AR-OG M-J	13.45-14.40	P4 - B	30.25 46.80
		AR-OG M-J	18.00-18.55	P4 - B	30.25 46.80
		AR-OG M-J	19.30-20.25	P2	30.25 46.80
GAPC	12+	AR M	09.30-10.25	P4 – A	13.95 21.70
		OG J	09.30-10.25	P4 – A	13.95 21.70
		AR M	19.30-20.25	P4 – A	13.95 21.70
		OG J	19.30-20.25	P4 – A	13.95 21.70
BAILES	12+	AR-OG M-J	10.30-11.25	P4 – A	26.80 41.45
		AR-OG M-J	17.30-18.25	P4 – A	26.80 41.45
GAZTE KIROLA	12-18	AR-OG M-J	17.30-18.25	P4 – B	26.80 41.45
PATINAJE	18+	AZ X	18.30-19.25	FR	13.95 21.70
SASOIAN – GIMNASIA DE MANTENIMIENTO	16+	AR-OG M-J	17.30-18.25	K	26.80 41.45
		AR-OG M-J	18.30-19.25	K	26.80 41.45
		AR-OG M-J	19.30-20.25	K	26.80 41.45
AAFF MAYORES	55+	AL-AZ L-X	09.30-10.30	PT	54.00
		AL-AZ L-X	10.30-11.30	PT	54.00
		AL-OR L-V	08.30-09.30	PT	54.00

* Berria / Nuevo

HAUREN ZUZENDURIKO JARDUERAK
ACTIVIDADES DIRIGIDAS INFANTILES

Jarduera Actividad	Maila Nivel	Adina Edad	Egunak Días	Ordutegia Horario	Aretoa Sala	Kuota Cuota
IRRISTAKETA PATINAJE (B)		4+	AL L	16.30-17.25	FR	13.95 21.70
		4+	AL L	17.30-18.25	FR	13.95 21.70
		4+	AR M	17.30-18.25	FR	13.95 21.70
		4+	OG J	17.30-18.25	FR	13.95 21.70
ESKALADA	0-1	5+	AR-OG M-J	17.30-18.25	BET	30.25 46.80

DANTZA (B)	0-1	4+	AZ X	17.30-18.25	P4 – B	13.95 21.70
	0-1	4+	OG J	16.30-17.25	P4 – A	13.95 21.70
RITMIKA (B)	0	6+	AL L	17.30-18.25	PT	13.95 21.70
	0	6+	AR M	16.30-17.25	PT	13.95 21.70
	0	6+	AZ X	18.30-19.25	PT	13.95 21.70
	0	6+	OG J	16.30-17.25	PT	13.95 21.70

HELDUEN URETAKO JARDUERAK
ACTIVIDADES ACUÁTICAS PERSONAS ADULTAS

Jarduera Actividad	Maila Nivel	Adina Edad	Egunak Días	Ordutegia Horario	Aretoa Sala	Kuota Cuota
AQUAGYM	0	12+	AL-AZ L-X	19.15-20.05	PS	26.80 41.45
	0	12+	AR-OG M-J	08.10-09.00	PS	
AQUATONIC	0	12+	OR V	08.10-09.00	PS	13.95 21.70
IGERIKETA	0-1	14+	AR-OG M-J	10.00-10.50	PS	
	1	14+	AL-AZ L-X	20.05-20.55	PS	26.80 41.45
	1	14+	AR-OG M-J	20.00-20.50	PS	

HAUR IGERIKETA ESKOLA
ESCUELA INFANTIL DE NATACIÓN

Jarduera Actividad	Maila Nivel	Adina Edad	Egunak Días	Ordutegia Horario	Aretoa Sala	Kuota Cuota
JAIOBERRIAK – BEBÉS		6-18M	L S	10.25-11.00	PS	26.80 41.45
		18-36 M	L S	11.50-12.25	PS	
ZAPABURUA – RENACUAJO NIVEL 0 MAILA	>2018	OTR V		16.45-17.30	PS	
	>2018	OTR V		17.30-18.15	PS	22.95 35.50
	>2018	L S		11.05-11.50	PS	
AHATEA – PATO NIVEL 1 MAILA	>2017	AL-AZ L-X		16.35-17.20	PS	
	>2017	AL-AZ L-X		17.30-18.15	PS	
	>2017	AL-AZ L-X		18.30-19.15	PS	26.80 41.45
	>2017	AR-OG M-J		16.45-17.30	PS	
	>2017	AR-OG M-J		17.30-18.15	PS	
	>2017	AR-OG M-J		18.30-19.15	PS	
	>2017	OTR V		18.15-19.00	PS	13.95 21.70
DORTOKA – TORTUGA NIVEL 2-3 MAILA	>2017	AR-OG M-J		18.00-18.45	PS	26.80 41.45
ITSAS-TXAKURRA – FOCA NIVEL 3 MAILA	>2017	AL-AZ L-X		16.35-17.20	PS	
	>2017	AL-AZ L-X		16.45-17.30	PS	
	>2017	AL-AZ L-X		17.50-18.35	PS	26.80 41.45
	>2017	AR-OG M-J		16.35-17.20	PS	
ITSAS-TXAKURRA – FOCA NIVEL 3-4 MAILA	>2017	AL-AZ L-X		17.00-17.45	PS	26.80 41.45
	>2017	AL-AZ L-X		17.40-18.25	PS	
MARRAZOA – TIBURÓN NIVEL 5 MAILA	>2017	AL-AZ L-X		18.00-18.45	PS	
	>2017	AR-OG M-J		17.00-17.45	PS	26.80 41.45
	>2017	AR-OG M-J		17.30-18.15	PS	
NIVEL 6 MAILA	>2013	AR-OG M-J		17.50-18.35	PS	26.80 41.45