

PREMIUM TARIFAKO JARDUERAK – URRIA 2021 ACTIVIDADES TARIFA PREMIUM – OCTUBRE 2021									
Hasi	Buka	Espazioa	ASTELEHENA LUNES	ASTEARTEA MARTES	ASTEAZKENA MIÉRCOLES	OSTEGUNA JUEVES	OSTIRALA VIERNES	LARUNBATA SABADO	IGANDEA DOMINGO
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				
09.00-13.00	F							FITNESS	
09.30-10.25	F						CICLO INDOOR		
09.30-10.25	P4 - 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						YOGA INTEGRAL		
11.00-11:55	F							CICLO INDOOR	CICLO INDOOR
11.00-11.55	4S - B		PILATES		PILATES				
12.00-12.55	4S - B		PILATES		PILATES				
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				
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	K			SASOIAN		SASOIAN			
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			
18.00-18.55	4S - B			PILATES		PILATES			
18.30-19.25	K			SASOIAN		SASOIAN			
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	K			SASOIAN		SASOIAN			
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			
20.30-21.25	4S - A		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 Frontoa

ESPAZIOAK / ESPACIOS
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4S-B 4. SOLAIRUA B / PLANTA 4 - SALA B
FR Frontoia