

HELDUEN ZUZENDURIKO JARDUERAK ACTIVIDADES DIRIGIDAS PERSONAS ADULTAS						
Jarduera Actividad	Adina Edad	Egunak Días	Ordutegia Horario	Aretoa Sala	Kuota Cuota	
FITNESS	16+	Altik <i>ORra</i> L V <i>LR</i> S <i>IG</i> D	08.00–21.30 09.00–13.30 09.00–13.30	P1	35.40 54.90	
AEROBIC	12 +	AL L AZ X	09.30–10.25 09.30–10.25	P4 - A	13.95 21.70 13.95 21.70	
TBT – TOTAL BODY TRAINNING	16 +	AR-OG M-J AZ X AL-AZ L-X	20.00–20.55 10.00-10.55 20.30-21.25	P4 – A P4 - B P4 – A	26.80 14.45 13.95 21.70 26.80 41.45	
TOTAL CORE	16 +	AT L AZ X	17.30–18.25 17.30–18.25	P4 – A P4 – A	13.95 21.70 13.95 21.70	
BODY POWER	16 +	AL-AZ L-X AL-AZ L-X AR-OG M-J OR V	14.00–14.55 19.30-20.25 18.30–19.25 09.30–10.25	P4 – A P4 – A P4 – A P4 - A	26.80 41.45 26.80 41.45 13.95 21.70	
ESKALADA	12+	AZ X	19.00-20.00	BET	16.30 25.25	
YOGA INTEGRAL	12+	OT V	11.00-11.55	P4 - B	16.30 25.25	
YOGA	12 +	AL-ATZ L-X AL-ATZ L-X	09.30-10.25 20.00–20.55	P2 P2	30.25 46.80 30.25 46.80	
AEROYOGA	12 +	AL-ATZ L-X AR-OG M-J	10.30-11.25 13:45-14:40	FR – ERB FR – ERB	30.25 46.80 30.25 46.80	
HIPO-YOGA	12 +	AL L AZ X AR M OG J	09.00–09.55 09.00–09.55 10.30-11.25 10.30-11.25	P4 – B P4 – B P4 – B P4 – B	16.30 25.25 16.30 25.25 16.30 25.25	
HIPO-STRETCHING	12 +	AL L AZ X AL L AZ X	16.30-17.25 16.30-17.25 19.30–20.25 19.30–20.25	P2 P2 P4 – B P4 – B	16.30 25.25 16.30 25.25 16.30 25.25	
ZOOMBA	12 +	AL L AL L AZ X AZ X OR V	16.30–17.25 18.30–19.25 16.30–17.25 18.30–19.25 16.30–17.25	P4 – A P4 – A P4 – A P4 – A P4 – A	13.95 21.70 13.95 21.70 13.95 21.70 13.95 21.70	
CICLO INDOOR	13+	AL-AZ L-X AL-AZ L-X AL-AZ L-X AR-OG M-J	10.30–11.25 18.00–18.55 19.00–19.55 14.45–15.40	P1 P1 P1 P1	30.25 46.80 30.25 46.80 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+	AL L	10.00-10.55	P4 - B	16.30 25.25	
		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	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	
AAFF MAYORES	55+	AL-AZ L-X	09.30–10.30	PT	135.00	
		AL-AZ L-X	10.30–11.30	PT	135.00	

* Berria / Nuevo

HAURREN 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	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	4-7	AZ X	17.00-18.00	BET	16.30 25.25
	0-1	8-12	AZ X	18.00-19.00	BET	16.30 25.25
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	14+	AR-OG M-J	10.00-10.50	PS	
	1	14+	AR-OG M-J	10.00-10.50	PS	26.80 41.45
	1	14+	AL-AZ L-X	20.05-20.55	PS	
	0-1	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	11.50-12:25	PS	26.80 41.45
2 URTE – 2 AÑOS		>2019	L S	10.25-11.00	PS	26.80 41.45
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	OTR V	18.10-18.55	PS	
		>2018	L S	11.05-11.50	PS	
DORTOKA – TORTUGA NIVEL 2 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	17.40-18.25	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	16.45-17.30	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	17.50-18.35	PS	26.80 41.45
		>2017	AR-OG M-J	16.35-17.20	PS	
IZURDEA - DELFIN NIVEL 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		>2013	AL-AZ L-X	18.00-18.45	PS	
		>2013	AR-OG M-J	17.00-17.45	PS	26.80 41.45
		>2013	AR-OG M-J	17.30-18.15	PS	
NIVEL 5-6 MAILA		>2013	AL-AZ L-X	18.45-19:30	PS	26.80 41.45
		>2013	AR-OG M-J	17.50-18.35	PS	

PREMIUM TARIFAKO JARDUERAK – OTSAILA 2022 ACTIVIDADES TARIFA PREMIUM – FEBRERO 2022									
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	FITNESS
09.30-10.25	F						CICLO INDOOR		
09.30-10.25	2S		YOGA		YOGA				
09.30-10.25	P4 - A		AEROBIC	GAPC	AEROBIC	GAPC	BODY POWER		
09.30-10.25	4S - B			PILATES		PILATES			
10.00-10.55	F							CICLO INDOOR	
10.00-10.55	4S - B		STRETCHING		TBT - TOTAL BODY TRAINNING				
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			
10.30-11.25	FR - ERB		AERO YOGA		AERO YOGA				
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	FR - ERB			AERO YOGA		AERO YOGA			
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	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	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			
20.30-21.25	4S - A		TBT - TOTAL BODY TRAINNING		TBT - TOTAL BODY TRAINNING				

Goza itzazu nahibeste

Disfrútalas por

44,00 €

hilean ordainduta

*Abonatuentzako prezioa /
Precio personas abonadas.

- ESPAZIOAK / 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