

ermu@kirolak PREMIUM TARIFAKO JARDUERAK ACTIVIDADES TARIFA PREMIUM ermu@kirolak									
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	15 - F	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS			
08:10-09:00	IG		AQUAGYM		AQUAGYM	AQUATONIC			
08:30-09:25	15 - C		CICLO EUSKERA		CICLO EUSKERA				
	45 - A		MOBILITY		MOBILITY				
09:00-13:30	15 - F						FITNESS	FITNESS	
09:00-09:55	45 - A	ZUMBA		ZUMBA		BODY POWER			
	FR - ERB	PILATES AEREO		PILATES AEREO					
09:30-10:25	45 - A		GAPC		GAPC		BODY POWER		
	IG					AQUAGYM +65			
	45 - B		PILATES		PILATES				
09:30-10:55	2S	YOGA		YOGA					
10:00-10:55	15 - C	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR			CICLO INDOOR
	45 - A	TBT - TOTAL BODY TRAINNING		TBT - TOTAL BODY TRAINNING					
	45 - B	K-STRETCH		K-STRETCH					
10:30-11:25	45 - A		BAILES LATINOS		BAILES LATINOS				
	45 - B		K-STRETCH		K-STRETCH				
	15 - C						CICLO INDOOR		
11:00-11:55	45 - B	PILATES		PILATES					
EGUERDIA / MEDIODÍA									
13:30-14:20	IG	AQUATONIC		AQUATONIC		AQUATONIC			
14:00-14:55	45 - A	BODY POWER	CARDIO FIT	BODY POWER	CARDIO FIT				
15:00-15:55	15 - C		CICLO EUSKERA		CICLO EUSKERA				
	45 - B		K-STRETCH		K-STRETCH				
	FR - ERB	PILATES AEREO		PILATES AEREO					
15:30-16:25	45 - A	INDARTUZ		INDARTUZ					
16:00-16:55	45 - A		INDARTUZ		INDARTUZ				
ARRATSALDEA / TARDE									
16:30-17:25	45 - A	GAPC		GAPC		ZUMBA			
	45-B	PILATES	MOBILITY	PILATES	MOBILITY				
	2S	HIPOPRESIBOAK	HIPOPRESIBOAK	HIPOPRESIBOAK	HIPOPRESIBOAK				
17:30-18:25	45 - A	TOTAL CORE	BAILES LATINOS	TOTAL CORE	BAILES LATINOS				
	45-B	K-STRETCH	BODY POWER	K-STRETCH	BODY POWER	K-STRETCH			
	15 - C	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR				
	2S	PILATES	PILATES	PILATES	PILATES				
	FR - ERB		SUSPENSION TRAINING		SUSPENSION TRAINING				
	BET	CROSSTRAIN	CROSSTRAIN	CROSSTRAIN	CROSSTRAIN				
18:30-19:25	45 - A	ZUMBA	BODY POWER	ZUMBA	BODY POWER	INDARTUZ			
	45 - B	BODY POWER	K-STRETCH	BODY POWER	K-STRETCH				
	2S	PILATES	PILATES	PILATES	PILATES				
	15 - C	CICLO INDOOR	CICLO EUSKERA	CICLO INDOOR	CICLO EUSKERA				
	FR - ERB		PILATES AEREO		PILATES AEREO				
	BET		CROSSTRAIN	CROSSTRAIN	CROSSTRAIN				
19:00-19:50			AQUATONIC						
19:15-20:05	IG	AQUAGYM		AQUAGYM					
19:30-20:25	45 - A	BODY POWER	CARDIO FIT	BODY POWER	CARDIO FIT				
	45 - B			HIPOPRESIBOAK					
	FR - ERB	SUSPENSION TRAINING		SUSPENSION TRAINING					
19:30-20:55	2S	YOGA		YOGA					
20:30-21:25	45 - A		TBT - TOTAL BODY TRAINNING		TBT - TOTAL BODY TRAINNING				

Goza itzazu nahibeste
Disfrútalas por
47,40 €
hilean ordainduta

*Abonatuentzako prezioa /
Precio personas abonadas.

ESPAZIOAK / ESPACIOS	M.A.BLANCO						
	PT Pista	IG Igerilekua Piscina	15 - F 1. solairua ~ Fitness Planta 1 - Fitness	15 - C 1. solairua ~ Cardio Planta 1 - Cardio	2S Erab. Anitzeko Aretoa Sala Multiusos	45 - A 4. solairua ~ A Aretoa Planta 4 - Sala A	45 - B 4. solairua ~ B Aretoa Planta 4 - Sala B
	BETONDO	ARITZMENDI					
	BET	FR Kantxa Cancha	FR - ERB Errebote Aretoa Sala Rebote				