

Ermu kirolak		PREMIUM TARIFAKO JARDUERAK ACTIVIDADES TARIFA PREMIUM						Ermu kirolak	
Hasiera Inizio	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	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		
09.00-09.55	45 - A	ZUMBA		ZUMBA		BODY POWER			
	FR - ERB	PILATES AEREO		PILATES AEREO					
09.30-10.25	45 - A		GAPC		GAPC	AQUAGYM +65	BODY POWER		
	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		CICLO INDOOR		
	45 - B		K-STRETCH		K-STRETCH				
11.00-11.55	45 - B	PILATES		PILATES					
12.30-13.25	2S		HIPOPRESIBOAK		HIPOPRESIBOAK				
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					
ARRATSALDEA / TARDE									
16.30-17.25	45 - A	GAPC		GAPC		ZUMBA			
	45 - A		MOBILITY		MOBILITY				
	2S	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				
	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	IG		AQUATONIC						
19.15-20.05		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	IG	15 - F	15 - C	2S	45 - A	45 - B
	Pista	Igerilekua Piscina	1. solairua – Fitness Planta 1 - Fitness	1. solairua – Cardio Planta 1 - Cardio	Erab. Anitzeko Aretoa Sala Multiusos	4. solairua – A Aretoa Planta 4 - Sala A	4. solairua – B Aretoa Planta 4 - Sala B
BETIONDO		ARITZMENDI					
BET		FR Kantxa Cancha	FR – ERB Errebote Aretoa Sala Rebote				