

ermu <i>a</i> kirolak		PREMIUM TARIFAKO JARDUERAK ACTIVIDADES TARIFA PREMIUM						ermu <i>a</i> kirolak	
Hasiera Inicio	Amaiera Final	Espazioa Espacio	ASTELEHENA LUNES	ASTEARTEA MARTES	ASTEAZKENA MIÉRCOLES	OSTEGUNA JUEVES	OSTIRALA VIERNES	LARUNBATA SABADO	IGANDEA DOMINGO
08.00-21.30		1S - F	FITNESS	FITNESS	FITNESS	FITNESS	FITNESS		
08.10-09.00		IG		AQUAGYM		AQUAGYM	AQUATONIC		
08.30-09.25		1S - C		CICLO EUSKERA		CICLO EUSKERA			
		4S - A		MOBILITY		MOBILITY			
09.00-13.00		1S - F						FITNESS	FITNESS
09.00-09.55		4S - A	ZUMBA		ZUMBA		BODY POWER		
		FR - ERB	PILATES AEREO		PILATES AEREO				
09.30-10.25		IG					AQUAGYM +65		
		2S		PILATES		PILATES			
		4S - A		GAPC		GAPC		BODY POWER	
		4S - B		PILATES		PILATES			
09.30-10.55		2S	YOGA		YOGA				
10.00-10.55		1S - C	CICLO INDOOR		CICLO INDOOR		CICLO INDOOR		CICLO INDOOR
		4S - A	TBT - TOTAL BODY TRAINNING		TBT - TOTAL BODY TRAINNING				
		4S - B	K-STRETCH		K-STRETCH				
10.30-11.25		4S - A		BAILES LATINOS		BAILES LATINOS			
		4S - B		K-STRETCH		K-STRETCH			
		1S - C						CICLO INDOOR	
11.00-11.55		4S - B	PILATES		PILATES				
13.30-14.20		IG	AQUATONIC		AQUATONIC		AQUATONIC		
14.00-14.55		4S - A	BODY POWER	CARDIO FIT	BODY POWER	CARDIO FIT			
15.00-15.55		1S - C		CICLO EUSKERA		CICLO EUSKERA			
		4S - B		K-STRETCH		K-STRETCH			
		FR - ERB	PILATES AEREO		PILATES AEREO				
15.30-16.25		4S - A	INDARTUZ		INDARTUZ				
16.00-16.55		4S - A		INDARTUZ EUSKERA		INDARTUZ EUSKERA			
16.30-17.25		2S	HIPOPRESIBOAK	HIPOPRESIBOAK	HIPOPRESIBOAK	HIPOPRESIBOAK			
		4S - A	GAPC		GAPC		ZUMBA		
		4S-B	PILATES	MOBILITY	PILATES	MOBILITY			
17.30-18.25		1S - C	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR			
		2S	PILATES	PILATES	PILATES	PILATES			
		4S - A	TOTAL CORE	BAILES LATINOS	TOTAL CORE	BAILES LATINOS			
		4S-B	K-STRETCH	BODY POWER	K-STRETCH	BODY POWER	K-STRETCH		
		FR - ERB		SUSPENSION TRAINING		SUSPENSION TRAINING			
		BET	CROSSTRAIN	CROSSTRAIN	CROSSTRAIN	CROSSTRAIN			
18.30-19.25		1S - C	CICLO INDOOR	CICLO EUSKERA	CICLO INDOOR	CICLO EUSKERA			
		2S	PILATES	PILATES	PILATES	PILATES			
		4S - A	ZUMBA	BODY POWER	ZUMBA	BODY POWER	INDARTUZ		
		4S - B	BODY POWER	K-STRETCH	BODY POWER	K-STRETCH			
		FR - ERB		PILATES AEREO		PILATES AEREO			
		BET		CROSSTRAIN	CROSSTRAIN	CROSSTRAIN			
19.00-19.50		IG		AQUATONIC					
19.15-20.05		IG	AQUAGYM		AQUAGYM				
19.30-20.25		4S - A	BODY POWER	CARDIO FIT	BODY POWER	CARDIO FIT			
		4S - B			HIPOPRESIBOAK				
		FR - ERB	SUSPENSION TRAINING		SUSPENSION TRAINING				
19.30-20.55		2S	YOGA		YOGA				
20.30-21.25		4S - A		TBT - TOTAL BODY TRAINNING		TBT - TOTAL BODY TRAINNING			