

| <div><div><div>ermu@kirolak</div></div><div><div>PREMIUM TARIFAKO JARDUERAK</div><div>ACTIVIDADES TARIFA PREMIUM</div></div><div><div>ermu@kirolak</div></div></div> |                  |                            |                            |                            |                            |                    |                     |                     |                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------------------------|----------------------------|----------------------------|----------------------------|--------------------|---------------------|---------------------|--------------------|
| Hasiera<br>Inicio                                                                                                                                                    | Amaiera<br>Final | Espazioa<br>Espacio        | ASTELEHENA<br>LUNES        | ASTEARTEA<br>MARTES        | ASTEAZKENA<br>MIÉRCOLES    | OSTEGUNA<br>JUEVES | OSTIRALA<br>VIERNES | LARUNBATA<br>SABADO | IGANDEA<br>DOMINGO |
| GOIZA / MAÑANA                                                                                                                                                       |                  |                            |                            |                            |                            |                    |                     |                     |                    |
| 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                   |                    |                     |                     |                    |
| 09.00-13.30                                                                                                                                                          | 1S - F           |                            |                            |                            |                            |                    |                     | FITNESS             | FITNESS            |
| 09.00-09.55                                                                                                                                                          | 4S - A           | ZUMBA                      |                            | ZUMBA                      |                            | BODY POWER         |                     |                     |                    |
|                                                                                                                                                                      | FR - ERB         | PILATES AEREO              |                            | PILATES AEREO              |                            |                    |                     |                     |                    |
| 09.30-10.25                                                                                                                                                          | 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           | PILATES                    |                            | PILATES                    |                            |                    |                     |                     |                    |
| 10.30-11.25                                                                                                                                                          | 4S - A           |                            | BAILES LATINOS             |                            | BAILES LATINOS             |                    | CICLO INDOOR        |                     |                    |
|                                                                                                                                                                      | FR - ERB         |                            | SUSPENSION TRAINING        |                            | SUSPENSION TRAINING        |                    |                     |                     |                    |
| 11.00-11.55                                                                                                                                                          | 4S - B           | PILATES                    |                            | PILATES                    |                            |                    |                     |                     |                    |
| 11.30-12.25                                                                                                                                                          | 4S - B           |                            | PILATES                    |                            | PILATES                    |                    |                     |                     |                    |
| 12.30-13.25                                                                                                                                                          | 2S               |                            | HIPOPRESIBOAK              |                            | HIPOPRESIBOAK              |                    |                     |                     |                    |
| EGUERDIA / MEDIODÍA                                                                                                                                                  |                  |                            |                            |                            |                            |                    |                     |                     |                    |
| 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              |                    |                     |                     |                    |
|                                                                                                                                                                      | FR - ERB         | PILATES AEREO              |                            | PILATES AEREO              |                            |                    |                     |                     |                    |
| ARRATSALDEA / TARDE                                                                                                                                                  |                  |                            |                            |                            |                            |                    |                     |                     |                    |
| 16.30-17.25                                                                                                                                                          | 4S - A           | GAPC                       |                            | GAPC                       |                            | ZUMBA              |                     |                     |                    |
|                                                                                                                                                                      | 4S - A           |                            | MOBILITY                   |                            | MOBILITY                   |                    |                     |                     |                    |
|                                                                                                                                                                      | 2S               | HIPOPRESIBOAK              |                            | HIPOPRESIBOAK              |                            |                    |                     |                     |                    |
| 17.30-18.25                                                                                                                                                          | 4S - A           | TOTAL CORE                 | BAILES LATINOS             | TOTAL CORE                 | BAILES LATINOS             |                    |                     |                     |                    |
|                                                                                                                                                                      | 4S-B             | PILATES                    | BODY POWER                 | PILATES                    | BODY POWER                 |                    |                     |                     |                    |
|                                                                                                                                                                      | 1S - C           | CICLO INDOOR               | CICLO INDOOR               | CICLO INDOOR               | CICLO INDOOR               |                    |                     |                     |                    |
|                                                                                                                                                                      | 2S               | PILATES                    | PILATES                    | PILATES                    | PILATES                    |                    |                     |                     |                    |
|                                                                                                                                                                      | FR - ERB         | SUSPENSION TRAINING        | SUSPENSION TRAINING        |                            | SUSPENSION TRAINING        |                    |                     |                     |                    |
|                                                                                                                                                                      | BET              | CROSSTRAIN                 | CROSSTRAIN                 | CROSSTRAIN                 | CROSSTRAIN                 |                    |                     |                     |                    |
| 18.30-19.25                                                                                                                                                          | 4S - A           | ZUMBA                      | BODY POWER                 | ZUMBA                      | BODY POWER                 |                    |                     |                     |                    |
|                                                                                                                                                                      | 4S - B           | BODY POWER                 |                            | BODY POWER                 |                            |                    |                     |                     |                    |
|                                                                                                                                                                      | 2S               | PILATES                    | PILATES                    | PILATES                    | PILATES                    |                    |                     |                     |                    |
|                                                                                                                                                                      | 1S - C           | CICLO INDOOR               | CICLO EUSKERA              | CICLO INDOOR               | CICLO EUSKERA              |                    |                     |                     |                    |
|                                                                                                                                                                      | FR - ERB         |                            | PILATES AEREO              |                            | PILATES AEREO              |                    |                     |                     |                    |
|                                                                                                                                                                      | BET              | CROSSTRAIN                 | CROSSTRAIN                 | CROSSTRAIN                 | CROSSTRAIN                 |                    |                     |                     |                    |
| 19.00-19.50                                                                                                                                                          | IG               |                            | AQUATONIC                  |                            |                            |                    |                     |                     |                    |
| 19.15-20.05                                                                                                                                                          |                  | 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 |                    |                     |                     |                    |

| ESPASIOAK / ESPACIOS | M.A.BLANCO  |                             |                                                       |                                                     |                                               |                                                       |                                                       |  |
|----------------------|-------------|-----------------------------|-------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------|-------------------------------------------------------|-------------------------------------------------------|--|
|                      | PT<br>Pista | IG<br>Igerilekua<br>Piscina | 1S - F<br>1. solairua – Fitness<br>Planta 1 - Fitness | 1S - C<br>1. solairua – Cardio<br>Planta 1 - Cardio | 2S<br>Erab. Anitzeko Aretoa<br>Sala Multiusos | 4S – A<br>4. solairua – A Aretoa<br>Planta 4 - Sala A | 4S – B<br>4. solairua – B Aretoa<br>Planta 4 - Sala B |  |
|                      |             |                             |                                                       |                                                     |                                               |                                                       |                                                       |  |
| BETIONDO             |             | ARITZMENDI                  |                                                       |                                                     |                                               |                                                       |                                                       |  |
| BET                  |             | FR<br>Kantxa<br>Cancha      | FR – ERB<br>Errebote Aretoa<br>Sala Rebote            |                                                     |                                               |                                                       |                                                       |  |