

Ordua Hora	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado
8:00	G.4 8:30-9:15 Aerobik	G.5 8:30-9:15 Pilates	G.4 8:30-9:15 Aerobik	G.5 8:30-9:15 Pilates		
	G.P. 8:30-9:15 Control	G.4 8:30-9:15 BodyPump	G.P. 8:30-9:15 Control	G.4 8:30-9:15 BodyPump		
9:00	G.4 9:15-10:00 Zumba	G.4 9:15-10:00 GAP	G.4 9:15-10:00 Zumba	G.4 9:15-10:00 GAP	G.4 9:15-10:00 Sh´Bam	
	G.3 9:15-10:00 Ciclo	G.3 9:15-10:00 Ciclo	G.3 9:15-10:00 Ciclo	G.3 9:15-10:00 Ciclo	G.3 9:15-10:00 Ciclo	
	G.5 9:15-10:00 Tono	G.P. 9:15-10:00 Dominio	G.5 9:15-10:00 Tono	G.P. 9:15-10:00 Dominio		
	G.P. 9:15-10:00 Aquarunning		G.P. 9:15-10:00 Aquarunning			
10:00	G.4 10:00-10:45 Pilates	G.1 10:00-10:45 Yoga	G.4 10:00-10:45 Pilates	G.1 10:00-10:45 Yoga	G.5 10:00-10:45 Pilates	G.4 10:15-11:00 Zumba
	G.P. 10:00-10:45 Control	G.P. 10:00-10:45 Osasuna / Salud	G.P. 10:00-10:45 Control	G.P. 10:00-10:45 Osasuna / Salud	G.2 10:10-10:55 TRX	
	G.2 10:10-10:55 TRX		G.2 10:10-10:55 TRX			
11:00						G.1 11:00-11:45 Yoga
12:00						
13:00		G.5 13:45-14:30 Pilates		G.5 13:45-14:30 Pilates		
14:00	G.5 14:30-15:15 Pilates	G.4 14:30-15:15 Zumba	G.5 14:30-15:15 Pilates	G.4 14:30-15:15 Zumba		
	G.4 14:30-15:15 BodyPump	G.3 14:30-15:15 Ciclo	G.4 14:30-15:15 BodyPump	G.3 14:30-15:15 Ciclo		
15:00	G.3 15:30-16:15 Ciclo		G.3 15:30-16:15 Ciclo		G.3 15:30-16:15 Ciclo	
16:00		G.5 16:30-17:15 Pilates		G.5 16:30-17:15 Pilates		
17:00	G.4 17:30-18:15 Sh´Bam	G.5 17:15-17:45 Hipopresivos Dinamicos	G.4 17:30-18:15 Sh´Bam	G.5 17:15-17:45 Hipopresivos Dinamicos	G.1 17:30-18:15 BodyBalance	
	G.1 17:45-18:15 Hipopresivos Dinamicos		G.1 17:45-18:15 Hipopresivos Dinamicos			
18:00	G.4 18:15-19:00 Bases Inestables	G.3 18:15-19:00 Ciclo	G.4 18:15-19:00 Bases Inestables	G.3 18:15-19:00 Ciclo	G.3 18:15-19:00 Ciclo	
	G.1 18:15-19:00 Pilates	G.4 18:30-19:15 GAP	G.1 18:15-19:00 Pilates	G.4 18:30-19:15 GAP	G.4 18:30-19:15 BodyPump	
	G.P. 18:45-19:30 Aquafit	G.P. 18:45-19:30 Aquafit	G.P. 18:45-19:30 Aquafit	G.P. 18:45-19:30 Aquafit		
19:00	G.4 19:00-19:45 Cross Training	G.4 19:15-20:00 Cross Training	G.4 19:00-19:45 Cross Training	G.4 19:15-20:00 Cross Training	G.4 19:15-20:00 BodyCombat	
	G.5 19:00-19:45 Tono	G.1 19:15-20:00 Pilates	G.5 19:00-19:45 Tono	G.1 19:15-20:00 Pilates		
	G.1 19:00-19:45 Pilates	G.P. 19:30-20:15 Control	G.1 19:00-19:45 Pilates	G.P. 19:30-20:15 Control		
	G.P. 19:30-20:15 Control		G.P. 19:30-20:15 Control			
	G.1 19:45-20:30 BodyBalance		G.1 19:45-20:30 BodyBalance			
	G.4 19:45-20:30 Cross Training		G.4 19:45-20:30 Cross Training			
20:00	G.3 19:45-20:30 Ciclo		G.3 19:45-20:30 Ciclo			
	G.5 20:00-21:00 Taichi	G.4 20:00-20:45 Zumba	G.5 20:00-21:00 Taichi	G.4 20:00-20:45 Zumba		
		G.1 20:00-21:00 Yoga		G.1 20:00-21:00 Yoga		
	G.P. 20:15-21:00 Dominio		G.P. 20:15-21:00 Dominio			



Igeriketa ikastaroak eta klubak preinskripzioa behar dute
 Los cursos de natación y los clubes requieren de inscripción previa