

SALA 1 ARETOA

2021/11/08

	Astelehena Lunes	Asteartea Martes	Asteazkena Miercoles	Jueves Osteguna	Viernes Ostirala	Larunbata Sábado
8:00						
8:15	FUNCIONAL STEP PILI 8:00-9:00	BALANCE/ABDS NOELIA 8:00-9:00	ZUMBA TONO TXEMA 8:00-9:00	FITPILATES SGA NOELIA 8:00-9:00	TRX NOELIA 8:15-9:00	
9:00	SGA MOBILITY* IKER 9:00-10:00	ZUMBA TONO PATRICIA 9:00-10:00	SGA* PILI 9:00-10:00	STEP ALOÑA 9:00-10:00	TONO NOELIA 9:00-10:00	YOGA JAVI 9:00-10:00
10:00						
10:15			FUNCIONAL STEP PILI 10:00-10:45	SGA NOELIA 10:00-10:30	SGA PILI 10:00-10:30	ZUMBA TXEMA 10:00-11:00
10:30	ZUMBA TONO PILI 10:15-11:15	BODY BUILDING* JULEN 10:30-11:30		TONO NOELIA 10:30-11:30	SGA* PILI 10:30-11:30	
11:00			TRX BALANCE* POLI 11:00-12:00			
11:15						
11:30	BODY BUILDING NOELIA 11:15-12:15	PILATES* NOELIA 11:30-12:30		PILATES NOELIA 11:30-12:30	CARDIO ZUMBA PILI 11:30-12:30	ZUMBA TXEMA 11:15-12:15
12:00			YOGA JAVI 12:00-13:15			
13:30	PILATES PILI 13:30-14:30	BODY HITT POLI 13:30-14:30			FUNCIONAL STEP PILI 13:30-14:30	
14:30	FUNCIONAL T. NOELIA 14:30-15:30	TONO POLI 14:30-15:30	TONO IKER 14:30-15:30	SGA PILATES PILI 14:30-15:30	TOTAL BODY POLI 14:30-15:30	
15:30		BODY BUILDING EXP. ABDS POLI 15:30-16:30		GAP BALANCE PILI 15:30-16:30		
17:00						
17:15	CARDIOBOX-GAP NOELIA 17:00-18:00		BALANCE NOELIA 17:00-18:00			
17:30		ZUMBA TONO PILI 17:30-18:30		ZUMBA TONO PATRICIA 17:15-18:15		
18:00	GAP (IKER) 18:00-18:30		METABOLIC GAP HAIZEA 18:00-19:00		TONO (POLI)* 18:15-19:00	TONO HUGO 18:00-19:00
18:15						
18:30	FUNCIONAL T.* IKER 18:30-19:30	BODY BUILDING EXP. ABDS HAIZEA* 18:30-19:30				
19:00			FUNCIONAL T. NOELIA 19:00-20:00	TOTAL BODY POLI 19:00-19:45		
19:30		BALANCE (PILI) 19:30-20:15				
19:45			TRX BODYBUILD EXP. JULEN 20:00-21:00	ZUMBA FITNESS HAIZEA 20:00-21:00		
20:00	YOGA JAVI 19:30-21:00					

SALA 2 ARETOA

2021/11/08

	Astelehena Lunes	Asteartea Martes	Asteazkena Miercoles	Jueves Osteguna	Viernes Ostirala	Larunbata Sábado
9:00						
9:45	PILATES HAIZEA 9:00-10:00	PILATES* NOELIA 9:00-10:00	PILATES TXEMA 9:00-9:45	PILATES* NOELIA 9:00-10:00		PILATES* TXEMA 9:00-10:00
10:00			PILATES* TXEMA 9:45-10:45	FITPILATES PILI 10:00-10:30		
10:30		ABDS / SGA* NOELIA 10:00-11:00			BALANCE* ALOÑA 10:00-11:00	
10:45				PILATES* PILI 10:30-11:30		
11:00			FUNCIONAL STEP PILI 10:45-11:30			
11:30	ZUMBA TONO PILI 11:00-11:45				PILATES NOELIA 11:00-12:00	
11:45	BALANCE PILI 11:45-12:30		SGA* PILI 11:30-12:30	HIPOPRESIVOS* ALOÑA 11:30-12:15		
14:30		CARDIOBOX ALOÑA 14:30-15:30				
17:00	HIPOPRESIVOS* ALOÑA 17:00-17:45	PILATES HAIZEA 17:00-18:00		PILATES PILI 17:00-18:00		
18:00	FITPILATES SGA* ALOÑA 18:00-19:00	TONO HUGO 18:00-18:30	FITPILATES SGA NOELIA 18:00-19:00	ABDS (IKER) 18:00-18:30		
18:30		SGA / MOBILITY IKER 18:30-19:30		MOBILITY IKER 18:30-19:30		
19:00			PILATES* HAIZEA 19:00-20:00			
19:45				BODY HITT POLI 19:45-20:30		

UR JARDUERAK / ACTIVIDADES AGUA

2021/11/08

	Astelehena Lunes	Asteartea Martes	Asteazkena Miercoles	Jueves Osteguna	Viernes Ostirala
9:45					
9:30	AQUA TONO HAIZEA 8:45-9:30		AQUA TONO HAIZEA 8:45-9:30	AQUA FITNESS HAIZEA 8:45-9:30	
10:15	AQUA FITNESS* PILI 9:30-10:15	AQUA TONO HAIZEA 9:30-10:15	AQUA FITNESS HAIZEA 9:30-10:15	AQUA AEROBIC* HAIZEA 9:30-10:15	AQUA TONO* PATRICIA 9:30-10:15
11:00		AQUA ZUMBA* PATRICIA 10:15-11:00			AQUA FITNESS* NOELIA 10:15-11:00
					AQUA ZUMBA PATRICIA 11:00-11:45
19:00					
19:15	AQUABOX NOELIA 19:15-20:00	AQUA AEROBIC PILI 19:00-19:45		AQUA AEROBIC PATRICIA 19:15-20:00	

SALA 3 ARETOA

2021/09/22

	Astelehena Lunes	Asteartea Martes	Asteazkena Miercoles	Jueves Osteguna	Viernes Ostirala	Larunbata Sábado	Igandea Domingo
8:00	CICLO IKER 8:00-9:00	CICLO VIRTUAL 8:00-9:00	CICLO VIRTUAL 8:00-9:00	CICLO JULEN 8:00-9:00	CICLO VIRTUAL 8:00-9:00		
9:00	CICLO VIRTUAL 9:00-10:00	CICLO V. express 9:00-9:30	CICLO VIRTUAL 9:00-10:00	CICLO VIRTUAL 9:00-10:00	CICLO VIRTUAL 9:00-10:00		CICLO VIRTUAL 9:00-10:00
9:30		CICLO JULEN 9:30-10:30					
10:00	CICLO HAIZEA 10:00-11:00	CICLO V. express 10:30-11:00	CICLO POLI 10:00-11:00	CICLO POLI 10:15-11:15	CICLO VIRTUAL 10:00-11:00	CICLO* ROTATIVO 10:00-11:00	CICLO VIRTUAL 10:00-11:00
10:15							
10:30							
11:00	CICLO VIRTUAL 11:00-12:00	CICLO VIRTUAL 11:00-12:00	CICLO VIRTUAL 11:00-12:00	CICLO V. express 11:30-12:00	CICLO VIRTUAL 11:00-12:00	CICLO ROTATIVO 11:15-12:15	CICLO VIRTUAL 11:00-12:00
11:15							
12:00	CICLO VIRTUAL 12:00-13:00	CICLO VIRTUAL 12:00-13:00	CICLO VIRTUAL 12:00-13:00	CICLO VIRTUAL 12:00-13:00	CICLO VIRTUAL 12:00-13:00	CICLO V. express 12:30-13:00	CICLO VIRTUAL 12:00-13:00
13:00	CICLO V. express 13:00-13:30	CICLO VIRTUAL 13:00-14:00	CICLO V. express 13:00-13:30	CICLO VIRTUAL 13:00-14:00	CICLO VIRTUAL 13:00-14:00	CICLO VIRTUAL 13:00-14:00	CICLO VIRTUAL 13:00-14:00
13:30	CICLO NOELIA 13:30-14:30	CICLO VIRTUAL 14:00-15:00	CICLO POLI 13:30-14:30	CICLO V. express 14:00-14:30	CICLO VIRTUAL 14:00-15:00	CICLO V. express 14:00-14:30	CICLO V. express 14:00-14:30
14:00	CICLO V. express 14:30-15:00	CICLO VIRTUAL 15:00-16:00	CICLO V. express 14:30-15:00	CICLO JULEN 14:30-15:30	CICLO V. express 15:00-15:30		
14:30	CICLO VIRTUAL 15:00-16:00	CICLO VIRTUAL 16:00-17:00	CICLO VIRTUAL 16:00-17:00	CICLO V. express 15:30-16:00	CICLO POLI 15:30-16:30	CICLO VIRTUAL 16:00-17:00	
15:00	CICLO VIRTUAL 16:00-17:00	CICLO VIRTUAL 16:00-17:00	CICLO VIRTUAL 16:00-17:00	CICLO VIRTUAL 16:00-17:00	CICLO V. express 16:30-17:00		
15:30	CICLO VIRTUAL 17:00-18:00	CICLO IKER 17:15-18:15	CICLO VIRTUAL 17:00-18:00	CICLO V. express 17:00-17:30	CICLO HUGO 17:00-18:00	CICLO VIRTUAL 17:00-18:00	
16:00	CICLO NOELIA 18:00-19:00	CICLO HUGO 18:30-19:30	CICLO V. express 18:00-18:30	CICLO HUGO 17:30-18:30	CICLO VIRTUAL 18:00-19:00	CICLO VIRTUAL 18:00-19:00	
16:30	CICLO AITOR 19:00-20:00	CICLO V. express 19:30-20:00	CICLO GAIZKA 18:30-19:30	CICLO HUGO 18:30-19:30	CICLO VIRTUAL 19:00-20:00	CICLO VIRTUAL 19:00-20:00	
17:00	CICLO VIRTUAL 20:00-21:00	CICLO VIRTUAL 20:00-21:00	CICLO GAIZKA 19:30-20:30	CICLO V. express 19:30-20:00	CICLO VIRTUAL 20:00-21:00		
17:15							
17:30							
18:00							
18:30							
19:00							
19:30							
20:00							