

PREMIUM TARIFAKO JARDUERAK
ACTIVIDADES TARIFA PREMIUM

Hasiera Inicio	Amaiera Final	Espazioa Espacio	ASTELEHENA LUNES	ASTEARTEA MARTES	ASTEAZKENA MIÉRCOLES	OSTEGUNA JUEVES	OSTIRALA VIERNES	LARUNBATA SABADO	IGANDEA 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			
09.00-13.30	1S - F							FITNESS	
09.00-09.55	4S - A		ZUMBA		ZUMBA		BODY POWER		
09.00-09.55	FR - ERB		PILATES AEREO		PILATES AEREO				
09.30-10.25	4S - A			GAPC		GAPC			
09.30-10.25	4S - B			PILATES		PILATES			
10.00-10.55	1S - C		CICLO INDOOR		CICLO INDOOR		CICLO INDOOR	CICLO INDOOR	CICLO INDOOR
10.00-10.55	4S - A		TBT - TOTAL BODY TRAINNING		TBT - TOTAL BODY TRAINNING				
10.00-10.55	4S - B		PILATES		PILATES				
09.30-10.55	2S		YOGA		YOGA				
10.30-11.25	4S - A			BAILES LATINOS		BAILES LATINOS			
11.00-11.55	4S - B		PILATES		PILATES				
EGUERDIA / MEDIODÍA									
13.30-14.20	IG		AQUATONIC		AQUATONIC		AQUATONIC		
14.00-14.55	4S - A		BODY POWER		BODY POWER				
14.00-14.55	4S - A			QUEMACALORIAS		QUEMACALORIAS			
15.00-15.55	1S - C			CICLO EUSKERA		CICLO EUSKERA			
15.00-15.55	FR - ERB		PILATES AEREO		PILATES AEREO				
ARRATSALDEA / TARDE									
16.30-17.25	4S - A		QUEMACALORIAS		QUEMACALORIAS		ZUMBA		
16.30-17.25	4S - B			MOBILITY		MOBILITY			
16.30-17.25	2S		HIPOPRESIBOAK		HIPOPRESIBOAK				
17.30-18.25	4S - A		TOTAL CORE	BAILES LATINOS	TOTAL CORE	BAILES LATINOS			
17.30-18.25	2S		PILATES		PILATES				
17.30-18.25	1S - C		CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR			
17.30-18.25	2S			PILATES		PILATES			
17.30-18.25	FR - ERB			SUSPENSION TRAINING		SUSPENSION TRAINING			
17.30-18.25	BET		CROSSTRAIN	CROSSTRAIN	CROSSTRAIN	CROSSTRAIN			
18.30-19.25	4S - A		ZUMBA	BODY POWER	ZUMBA	BODY POWER			
18.30-19.25	4S - B		BODY POWER		BODY POWER				
18.30-19.25	2S		PILATES		PILATES				
18.30-19.25	2S			PILATES		PILATES			
18.30-19.25	1S - C		CICLO INDOOR	CICLO EUSKERA	CICLO INDOOR	CICLO EUSKERA			
18.30-19.25	FR - ERB			PILATES AEREO		PILATES AEREO			
18.30-19.25	BET		CROSSTRAIN	CROSSTRAIN	CROSSTRAIN	CROSSTRAIN			
19.15-20.05	IG		AQUAGYM	AQUATONIC	AQUAGYM				
19.30-20.25	4S - A		BODY POWER	ZUMBA FIT	BODY POWER	ZUMBA FIT			
19.30-20.25	4S - B				HIPOPRESIBOAK				
19.30-20.55	2S		YOGA		YOGA				
19.30-20.55	FR - ERB		SUSPENSION TRAINING		SUSPENSION TRAINING				
20.30-21.25	4S - A			TBT - TOTAL BODY TRAINNING		TBT - TOTAL BODY TRAINNING			

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