

PREMIUM TARIFAKO JARDUERAK - APIRILA 2019

ACTIVIDADES TARIFA PREMIUM - ABRIL 2019

Hasiera Inicio	Amaiera Final	Espazioa Espacio	ASTELEHENA LUNES	ASTEARTEA MARTES	ASTEAZKENA MIÉRCOLES	OSTEGUNA JUEVES	OSTIRALA VIERNES	LARUNBATA SABADO	IGANDEA DOMINGO
GOIZA / MAÑANA									
08.30-21.30	F		FITNESS	FITNESS	FITNESS	FITNESS	FITNESS		
08.10-09.00	PS			AQUAGYM		AQUAGYM	AQUATONIC		
08.30-09.25	F			CICLO EUSKERA		CICLO EUSKERA			
09.00-09.30	P2		HIOPRESIVE		HIOPRESIVE				
09.00-09.30	P4 - A		CIRCUITO EXPRESS		CIRCUITO EXPRESS		CIRCUITO EXPRESS		
09.00-13.00	F							FITNESS	
09.30-10.00	P2		HIOPRESIVE		HIOPRESIVE				
09.30-10.25	P4 - A		AEROBIC	GAPC	AEROBIC	GAPC	AEROBIC		
09.30-10.25	F						CICLO INDOOR		
09.30-10.30	P2			PILATES		PILATES			
10.00-10.55	F							CICLO INDOOR	
10.00-11.00	P2		YOGA		YOGA				
10.00-11.00	FR						ROLLER SKATE 0-1		
10.30-11.00	P4 - B		STRETCHING		STRETCHING				
10.30-11.00	P2			HIOPRESIVE		HIOPRESIVE			
10.30-11.25	F		CICLO INDOOR		CICLO INDOOR				
10.30-11.25	P4 - A			BAILES 0		BAILES 0	CROSS CARDIO		
11.00-11.30	P2						HIOPRESIVE		
11.00-11.55	P4 - A		BODY POWER		BODY POWER				
11.00-11.55	F							CICLO EUSKERA	CICLO INDOOR
11.00-12.00	P2		PILATES		PILATES				
EGUERDIA / MEDIODÍA									
13.45-14.45	P2			PILATES		PILATES			
14.00-14.30	P4 - A			CIRCUITO EXPRESS		CIRCUITO EXPRESS			
14.00-14.55	P4 - A		BODY POWER		BODY POWER				
14.45-15.40	F		CICLO EUSKERA	CICLO INDOOR	CICLO EUSKERA	CICLO INDOOR			
15.00-16.00	P2		PILATES		PILATES				
ARRATSALDEA / TARDE									
15.45-16.15	P2			HIOPRESIVE		HIOPRESIVE			
16.30-17.25	P4 - A		ZOOMBA		ZOOMBA				
16.30-17.30	P4 - B			STRETCHING		STRETCHING			
17.00-17.30	P2		HIOPRESIVE		HIOPRESIVE				
17.30-18.00	P4-AB		CIRCUITO EXPRESS	CIRCUITO EXPRESS	CIRCUITO EXPRESS	CIRCUITO EXPRESS			
17.30-18.25	P4 - A			LATIN DANCE 0-1		LATIN DANCE 0-1			
17.30-18.30	P2		PILATES		PILATES				
18.00-18.55	F		CICLO INDOOR	CICLO EUSKERA	CICLO INDOOR	CICLO EUSKERA	CICLO EUSKERA		
18.00-18.55	P4 - A		ZOOMBA		ZOOMBA				
18.00-19.00	P2			PILATES		PILATES			
18.30-19.25	P4 - A			BODY POWER		BODY POWER			
18.30-19.25	K				ROLLER SKATE 0-1				
18.30-19.30	P2		PILATES		PILATES				
19.00-19.30	P4 - B		STRETCHING		STRETCHING				
19.00-19.50	PS		AQUAGYM		AQUAGYM				
19.00-19.55	P4 - A		BODY POWER		BODY POWER				
19.00-19.55	F		CICLO INDOOR	CICLO INDOOR	CICLO INDOOR	CICLO INDOOR			
19.00-20.00	P2			HIOPRESIVE		HIOPRESIVE			
19.30-20.00	P2		HIOPRESIVE		HIOPRESIVE				
19.30-20.25	P4 - A			GAPC		GAPC			
20.00-20.55	F		CICLO INDOOR	CICLO EUSKERA	CICLO INDOOR	CICLO EUSKERA			
20.00-21.00	P2		YOGA		YOGA				
20.00-21.00	P2			PILATES		PILATES			
20.30-21.25	P4 - A			BODY POWER		BODY POWER			

ESPASIOAK / ESPACIOS

PS: IGERILEKUA
PISCINA

K: CANCHA

F: FITNESS

P2: PLANTA 2

P4 - A
PLANTA 4 - SALA A

P4 - B
PLANTA 4 - SALA B