

25/26 SAIO SOLTEAK

BIKING

MULTIGYM

FITNESS FUNTZIONALA

HIIT

TRX

POWER PUMP

	astelehena			asteartea			asteazkena			osteguna			ostirala			la	lg	
GELA	GOIKO GELA	AEROBIK GELA	BIKING GELA	GOIKO GELA	AEROBIK GELA	BIKING GELA	GOIKO GELA	AEROBIK GELA	BIKING GELA	GOIKO GELA	AEROBIK GELA	BIKING GELA	GOIKO GELA	AEROBIK GELA	BIKING GELA	BIKING GELA	BIKING GELA	GELA
7:00						Biking 7:10-7:55	HIIT 7:10-8:00					Biking 7:10-7:55			Biking 7:10-7:55			7:00
8:00			Biking 8:10-8:55			Biking 8:10-8:55		Multigym 8:30-9:20	Biking 8:10-8:55			Biking 8:10-8:55		Multigym 8:30-9:20	Biking 8:10-8:55			8:00
9:00			Biking 60+ 9:45-10:35			Biking 9:10-9:55						Biking 9:10-9:55				Biking 9:10-9:55	Biking 9:10-9:55	9:00
10:00																Biking 10:10-10:55	Biking 8:10-8:55	10:00
14:00						Biking 14:30-16:15						Biking 14:30-16:15						14:00
15:00	Funtzionala 15:30-16:20		Biking 15:30-16:15				Funtzionala 15:30-16:20		Biking 15:30-16:15				Funtzionala 15:30-16:20					15:00
16:00																		16:00
17:00			Biking 17:00-17:45				TRX 17:15-18:05		Biking 17:00-17:45						Biking 17:00-17:45	Biking 17:00-17:45		17:00
18:00		Multigym 18:40-19:30				Biking 18:00-18:45		Multigym 18:40-19:30				Biking 18:00-18:45						18:00
19:00	Funtzionala 19:40-20:30		Biking m. 19:30-20:20	Funtzionala 19:15-20:05	Power Pump 19:30-20:20		Funtzionala 19:40-20:30		Biking m. 19:30-20:20	Funtzionala 19:15-20:05	Power Pump 19:30-20:20							19:00
20:00						Biking 20:00-20:45						Biking 20:00-20:45						20:00
21:00																		21:00

Jarduera eta ordutegi hauek eskariaren eta urteko sasoiaren arabera aldatu ahal izango dira.