



IKASTAROA / CURSO:

24/25 ikasturtea

| Ordutegia Horario | Astelehena Lunes | Asteartea Martes | Asteazkena Miércoles | Osteguna Jueves | Ostirala Viernes |
|----------------------|------------------------------------|---------------------------------|-------------------------------|-------------------------|---------------------|
| 09:15 | Pilates | K-Stretch | Pilates | | |
| 09:15 | Aqua-Gym | | Aqua-Gym | Aqua-Gym | |
| | Ziklo Indoor | | Ziklo Indoor | | |
| 10:15 | Cross Training Stretching | K-Stretch | Cross Training K-Stretch | | |
| 11:15 | 65 PLUS | | 65 PLUS Stretching | | |
| 13:00 | Matro - Igeriketa | | Matro - Igeriketa | | |
| 15:00 | | Strong by Zumba | | | |
| 15:30 | K-Stretch | | | | |
| 16:30 | Igeriketa Haurrak 6-24 hilabete | | | | |
| 17:00 | Igeriketa | Igeriketa | Igeriketa | Igeriketa | Igeriketa |
| | Cross Training | Erritmika | Cross Training | Erritmika | |
| 17:15 | | Erritmika | | Erritmika | |
| | | K-Stretch | | Stretching | |
| | | | Kirol Egokitua - Igeriketa | | |
| 17:45 | | Igeriketa | | Igeriketa | |
| 18:00 | Igeriketa | Igeriketa | Igeriketa | Igeriketa | Igeriketa |
| | Entr.Funtzionala | Erritmika | Entr.Funtzionala | Erritmika | |
| 18:15 | | Ziklo Indoor | | Ziklo Indoor | |
| | | Pilates | | Pilates | |
| 18:45 | | Aqua-Gym | | Aqua-Gym | |
| 19:00 | Soinketa | | Soinketa | | |
| | | Cross Training | | Cross Training | |
| 19:15 | | Ziklo Indoor - Pilates | | Ziklo Indoor Pilates | |
| 19:30 | Igeriketa Helduak | | Igeriketa Helduak | | |
| 20:00 | Zumba | | Kenpo Kai / Zumba | | |
| 20:15 | | | | K-Stretch | |
| | | Igeriketa Helduak Stretching | | Igeriketa Helduak | |

- **Gorri** daudenak berriak dira / **En Rojo**, las novedades.