TONO | COREO | BIKE | EQUO | BPX 30' | AQUA | JUNIOR | OUTDOOR

cdo

JARDUERA ORDUTEGIA- HORARIO ACTIVIDADES DIRIGIDAS

URRIA Octubre

	ASTELEHEN / L	ASTEARTE / M	ASTEAZKEN / X	OSTEGUN / J	OSTIRAL / V	LARUNBAT / S	IGANDE / D
7:30	CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 7:30H	CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 7:30H	CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 7:30H	CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 7:30H			
8:15	TOTAL BODY 45' ACTIVITY 1 8:15H BIKE VIRTUAL 45' BIKE 8:15H NAT. PERFEC. 45' IGERILEKUA/ piscina 8:15 H	TOTAL BODY 45' ACTIVITY 1 8:15H AQUAGYM 45' IGERILEKUA/ piscina 8:15H	TOTAL BODY 45' ACTIVITY 1 8:15H BIKE VIRTUAL 45' BIKE 8:15H NAT. PERFEC. 45' IGERILEKUA/ piscina 8:15 H	TOTAL BODY 45' ACTIVITY 1 8:15H AQUAGYM 45' IGERILEKUA/ piscina 8:15H	TOTAL BODY 45' ACTIVITY 1 8:15H		
8:30						GAP 45' ACTIVITY 1 8:30H	
9:15	AQUAGYM 45' IGERILEKUA/ piscina 9:15 H BODY PUMP 45' ACTIVITY 1 9:15H PILATES 45' ACTIVITY 3 9:15H BIKE 45' BIKE 9:15H	NAT. INICIACIÓN 45' IGERILEKUA/ piscina 9:15 H BIKE 45' BIKE 9:15H PILATES 45' ACTIVITY 1 9:15H	AQUAGYM 45' IGERILEKUA/ piscina 9:15 H BODY PUMP 45' ACTIVITY 1 9:15H PILATES 45' ACTIVITY 3 9:15H BIKE 45' BIKE 9:15H	NAT. INICIACIÓN 45' IGERILEKUA/ piscina 9:15 H BIKE 45' BIKE 9:15H PILATES 45' ACTIVITY 1 9:15H	ESPALDA SANA 45' BODY&MIND 9:15H GAP 45' ACTIVITY 1 9:15H PILATES 45' ACTIVITY 3 9:15H		
9:30	ELASTIC EXPRESS 25' BODY&MIND 9:30 H	ELASTIC EXPRESS 25' ACTIVITY 3 9:30 H	ELASTIC EXPRESS 25' BODY&MIND 9:30 H	ELASTIC EXPRESS 25' ACTIVITY 3 9:30 H		BODY PUMP 45' ACTIVITY 1 9:30H ELASTIC EXPRESS 25' ACTIVITY 3 9:30 H	TOTAL BODY 45' ACTIVITY 1 9:30H
10:15	AQUAGYM 45' IGERILEKUA/ piscina 10:15H ESPALDA SANA 45' ACTIVITY 1 10:15H PILATES 45' ACTIVITY 3 10:15H GAP 45' ACTIVITY 2 10:15H	AQUAGYM 45' IGERILEKUA/ piscina 10:15H ZUMBA 45' ACTIVITY 1 10:15H PILATES 45' ACTIVITY 3 10:15H BODY PUMP 45' ACTIVITY 2 10:15H	AQUAGYM 45' IGERILEKUA/ piscina 10:15H ESPALDA SANA 45' ACTIVITY 1 10:15H PILATES 45' ACTIVITY 3 10:15H GAP 45' ACTIVITY 2 10:15H	AQUAGYM 45' IGERILEKUA/ piscina 10:15H ZUMBA 45' ACTIVITY 1 10:15H PILATES 45' ACTIVITY 3 10:15H BODY PUMP 45' ACTIVITY 2 10:15H	AQUAGYM 45' IGERILEKUA/ piscina 10:15H ZUMBA 45' ACTIVITY 1 10:15H SGA 45' ACTIVITY 3 10:15H PILATES 45' BODY&MIND 10:15H		
10:30						PILATES 45' ACTIVITY 1 10:30H	BIKE 45' BIKE 10:30H
11:15	AQUAGYM 45' IGERILEKUA/ piscina 11:15H PILATES 45' ACTIVITY 1 11:15H EN FORMA SENIOR 45' ACTIVITY 2 11:15H ESPALDA SANA 45' BODY&MIND 11:15H	AQUAGYM 45' IGERILEKUA/ piscina 11:15H ESPALDA SANA 45' ACTIVITY 1 11:15H BIKE VIRTUAL 45' BIKE 11:15H EN FORMA SENIOR 45' ACTIVITY 2 11:15H BODY BALANCE 45' ACTIVITY 3 11:15H	AQUAGYM 45' IGERILEKUA/ piscina 11:15H PILATES 45' ACTIVITY 1 11:15H EN FORMA SENIOR 45' ACTIVITY 2 11:15H ESPALDA SANA 45' BODY&MIND 11:15H	AQUAGYM 45' IGERILEKUA/ piscina 11:15H ESPALDA SANA 45' ACTIVITY 1 11:15H BIKE VIRTUAL 45' BIKE 11:15H EN FORMA SENIOR 50' ACTIVITY 2 11:15H BODY BALANCE 45' ACTIVITY 3 11:15H	AQUAGYM 45' IGERILEKUA/ piscina 11:15H ESPALDA SANA 45' ACTIVITY 1 11:15H		
11:30						ZUMBA 45' ACTIVITY 1 11:30H	ESPALDA SANA 45' ACTIVITY 1 11:30H
12:15	AQUAGYM 45' IGERILEKUA/ piscina 12:15H BIKE VIRTUAL 45' BIKE 12:15H	AQUAGYM 45' IGERILEKUA/ piscina 12:15H	AQUAGYM 45' IGERILEKUA/ piscina 12:15H BIKE VIRTUAL 45' BIKE 12:15H	AQUAGYM 45' IGERILEKUA/ piscina 12:15H	BIKE VIRTUAL 45' BIKE 12:15H		
12:30							ZUMBA 45' ACTIVITY 1 12:30H
13:30	BODY PUMP 45' ACTIVITY 1 13:30H	TRX 45' ACTIVITY 2 13:30H	BODY PUMP 45' ACTIVITY 1 13:30H	TRX 45' ACTIVITY 2 13:30H			
14:00							BIKE VIRTUAL 45' BIKE 14:00H
14:30	BIKE 45' BIKE 14:30H	PILATES 45' ACTIVITY 3 14:30H	BIKE 45' BIKE 14:30H	PILATES 45' ACTIVITY 3 14:30H			
15:30	PILATES 45' ACTIVITY 3 15:30H	CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 15:30H	PILATES 45' ACTIVITY 3 15:30H	CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 15:30H	AEROYOGA 45' ACTIVITY 2 15:30H		
16:00		BIKE VIRTUAL 45' BIKE 16:00H		YOGA 45' ACTIVITY 1 16:00H BIKE VIRTUAL 45' BIKE 16:00H	BIKE VIRTUAL 45' BIKE 16:00H	BIKE VIRTUAL 45' BIKE 16:00H	BIKE VIRTUAL 45' BIKE 16:00H
16:30	CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 16:30H		CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 16:30H				
17:00	ESPALDA SANA 45' ACTIVITY 3 17:00H BIKE 45' BIKE 17:00H ZUMBA 45' ACTIVITY 1 17:00H	PILATES 45' ACTIVITY 1 17:00H TRX 45' ACTIVITY 2 17:00H SGA 45' ACTIVITY 3 17:00H CLUB RUNNING 45' OUTDOOR 17:00H	ESPALDA SANA 45' ACTIVITY 3 17:00H BIKE 45' BIKE 17:00H ZUMBA 45' ACTIVITY 1 17:00H	PILATES 45' ACTIVITY 1 17:00H TRX 45' ACTIVITY 2 17:00H BODY BALANCE 45' ACTIVITY 3 17:00H CLUB RUNNING 45' OUTDOOR 17:00H	BIKE 45' BIKE 17:00H		
18:00	BIKE 45' BIKE 18:00H TRX 45' ACTIVITY 2 18:00H PILATES 45' ACTIVITY 1 18:00H	BIKE 45' BIKE 18:00H TOTAL BODY 45' ACTIVITY 1 18:00H PILATES 45' ACTIVITY 3 18:00H CROSS JR 45' SKILL / FUNCIONAL 18:00H	BIKE 45' BIKE 18:00H TRX 45' ACTIVITY 2 18:00H PILATES 45' ACTIVITY 1 18:00H	BIKE 45' BIKE 18:00H TOTAL BODY 45' ACTIVITY 1 18:00H PILATES 45' ACTIVITY 3 18:00H CROSS JR 45' SKILL / FUNCIONAL 18:00H	TOTAL BODY 45' ACTIVITY 1 18:00H	BIKE VIRTUAL 45' BIKE 18:00H	BIKE VIRTUAL 45' BIKE 18:00H
18:45	AQUAGYM 45' IGERILEKUA/ piscina 18:45H NAT. INICIACIÓN 45' IGERILEKUA/ piscina 18:45H NAT. ENTRENAMIENTO 45' IGERILEKUA/ piscina 18:45H		AQUAGYM 45' IGERILEKUA/ piscina 18:45H				
19:00	BODY BALANCE 45' ACTIVITY 3 19:00H BIKE 45' BIKE 19:00H CROSS TRAINING 45' ACTIVITY 1 19:00H	BODY PUMP 45' ACTIVITY 1 19:00H BIKE 45' BIKE 19:00H BODY COMBAT 45' ACTIVITY 2 19:00H	BODY BALANCE 45' ACTIVITY 3 19:00H BIKE 45' BIKE 19:00H CROSS TRAINING 45' ACTIVITY 1 19:00H	BODY PUMP 45' ACTIVITY 1 19:00H BODY COMBAT 45' ACTIVITY 2 19:00H	CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 19:00H		
19:15		AQUAGYM 45' IGERILEKUA/ piscina 19:15H NAT. PERFEC. 45' IGERILEKUA/ piscina 19:15H	NAT. INICIACIÓN 45' IGERILEKUA/ piscina 19:15H	AQUAGYM 45' IGERILEKUA/ piscina 19:15H NAT. PERFEC. 45' IGERILEKUA/ piscina 19:15H			
20:00	BODY PUMP 45' ACTIVITY 1 20:00H AEROYOGA 45' ACTIVITY 2 20:00H	BIKE VIRTUAL 45' BIKE 20:00H YOGA 45' ACTIVITY 1 20:00H CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 20:00H	BODY PUMP 45' ACTIVITY 1 20:00H	BIKE VIRTUAL 45' BIKE 20:00H CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 20:00H			

OHARRAK / Observaciones