

# 2018KO IRAILA - ATE IREKIAK

	ASTEARTEA 11							ASTEAZKENA 12							OSTEGUNA 13							
	IGERILEKUA	ZUMBA GELA	SPINING GELA	PILATES GELA	AEREO GELA	UARKAPE 1 GELA	UARKAPE 2 GELA	IGERILEKUA	ZUMBA GELA	SPINING GELA	PILATES GELA	AEREO GELA	UARKAPE 1 GELA	UARKAPE 2 GELA	IGERILEKUA	ZUMBA GELA	SPINING GELA	PILATES GELA	AEREO GELA	UARKAPE 1 GELA	UARKAPE 2 GELA	
7:00	AQUAGYM (08:15)												K-STRECH (07:30)		AQUAGYM (08:15)				PILATES AEREO 7:00			
9:15			SPINING (09:15)	PILATES (09:30)			GIMNASIA HIPOPRE. (09:30)				PILATES (09:30)		K-STRECH (09:30)				SPINING (09:15)	PILATES (09:30)				
10:30						K-STRECH (10:30)			ZUMBA (10:30)							ZUMBA STRONG (10:30)		YOGA (10:30)				
13:30																					K-STRECH (13:30)	
15:00				PILATES (15:00)					ZUMBA (15:00)		PILATES (15:00)					ZUMBA STRONG (15:00)		PILATES (15:00)			K-STRECH (15:00)	
17:30			SPINING (17:30)			(17:15) K-STRECH				ZIKLO GAZTE 17.30				GIMNASIA HIOPRES. 17.15			SPINING (17:30)		GAZTE AEREO (17.30)		K-STRECH (17:15)	
18:30		BODY PUMP (18:30)		PILATES (18.30)			GIMNASIA HIOPRE. (18.15)		ZUMBA (18.30)	SPINING (18.30)	PILATES (18.30)	YOGA (18.30)	K-STRECH (18:15)			BODY PUMP (18:30)		PILATES (18.30)				GIMNASIA HIOPRE. (18.15)
19:30		KROSSFIT (19:30)		BODY BALANCE (19.30)	PILATES (19.30)	19:30 K-STRECH			ZUMBA (19.30)	SPINING (19.30)	PILATES (19.30)					KROSSFIT (19:30)		BODY BALANCE (19.30)	PILATES (19.30)			