

# SALA 1. ARETOA (JUPITER)

TEMPORADA 2025/26 DENBORALDIA

H	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo	H
7.00	BODYPUMP 7:10-8:00			BODYPUMP 7:10-8:00				7.00
8.00								8.00
9.00						DANCE (3er S/mes) 9:00-9:50		9.00
10.00	BODYPUMP 9:30-10:20	GAP 9:30-10:20	CORE 9:30-10:15	GAP 9:30-10:20	BODYPUMP 9:30-10:20	BODYPUMP 10:00-10:50		10.00
11.00	BODYBALANCE 10:30-11:20	ZUMBA 10:30-11:20	BODYPUMP 10:30-11:20	ZUMBA 10:30-11:20	BODYBALANCE 10:30-11:20	ZUMBA (3er S/mes) 11:00-11:50	BODYPUMP 11:15-12:05	11.00
12.00					DANCE 11:30-12:20			12.00
13.00								13.00
14.00	BODYPUMP 14:00-14:50			BODYPUMP 14:00-14:50				14.00
15.00								15.00
16.00	ZUMBA 15:30-16:20	GAP 15:30-16:20	CORE 15:30-16:15	CORE 15:30-16:15	ZUMBA 15:30-16:20			16.00
17.00	GAP 16:30-17:20			GAP 16:30-17:20	GAP 16:30-17:20			17.00
18.00	TODO TONO 17:30-18:20	BODYPUMP 17:30-18:20	FUERZA MUJER 17:30-18:20	ZUMBA 17:30-18:20	CORE 18:00-18:45			18.00
19.00	CORE 18:30-19:15	BODYBALANCE 18:30-19:20	BODYPUMP 18:30-19:20	BODYSTEP 18:30-19:20				19.00
20.00	BODYSTEP 19:15-20:05	BODYPUMP 19:30-20:20	CORE 19:30-20:15	BODYPUMP 19:30-20:20	BODYPUMP 19:15-20:05			20.00
21.00	BODYPUMP 20:15-21:05	FUERZA MUJER 20:30-21:20	BODYBALANCE 20:15-21:05	ZUMBA 20:30-21:20				21.00
H	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo	H