

# SALA 3. ARETOA (MARTE)

TEMPORADA 2025/26 DENBORALDIA

H	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo	H
7.00		PILATES 7:10-8:00		PILATES 7:10-8:00				7.00
8.00								8.00
9.00		PILATES 9:00-9:50		PILATES 9:00-9:50	PILATES HIIT 9:00-9:50			9.00
10.00	PILATES 9:30-10:20	PILATES 10:00-10:50	PILATES 9:30-10:20	PILATES 10:00-10:50	PILATES 10:00-10:50			10.00
11.00	PILATES 10:30-11:20	ACTIVIDAD 65+ 11:00-11:50	PILATES 10:30-11:20	ACTIVIDAD 65+ 11:00-11:50				11.00
12.00	ACTIVIDAD 65+ 11:30-12:20		ACTIVIDAD 65+ 11:30-12:20					12.00
13.00								13.00
14.00								14.00
15.00	PILATES 14:30-15:20		PILATES 14:30-15:20					15.00
16.00	PILATES 15:30-16:20		PILATES 15:30-16:20					16.00
17.00	PILATES 16:30-17:20	PILATES 17:00-17:50	PILATES HIIT 16:30-17:20	PILATES 17:00-17:50				17.00
18.00	PILATES HIIT 17:30-18:20	PILATES 18:00-18:50	PILATES 17:30-18:20	PILATES 18:00-18:50	PILATES HIIT 18:15-19:05			18.00
19.00	PILATES 18:30-19:20	PILATES HIIT 19:00-19:50	PILATES 18:30-19:20	PILATES 19:00-19:50				19.00
20.00	PILATES 19:30-20:20	PILATES 20:00-20:50	PILATES 19:30-20:20	PILATES HIIT 20:00-20:50				20.00
21.00	PILATES 20:30-21:20		PILATES 20:30-21:20					21.00
H	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo	H