SALA 2. ARETOA (LURRA)

TEMPORADA 2025/26 DENBORALDIA

H	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo	H
7.00								7.00
8.00								8.00
9.00	ESPALDA ACTIVA 8:30-9:20			PILATES BARRE 9:00-9:50				9.00
10.00	DANCE 9:30-10:20	PILATES BARRE 9:30-10:20	ZUMBA 9:30-10:20	YOGA 10:00-11:20	ESPALDA ACTIVA 9:30-10:20			10.00
11.00	PILATES BALL 10:30-11:20	YOGA 10:30-11:50	ESPALDA ACTIVA 10:30-11:20		YOGA 10:30-11:50			11.00
12.00				ESPALDA ACTIVA 11:30-12:20				12.00
13.00								13.00
14.00								14.00
15.00								15.00
16.00		ESPALDA ACTIVA 15:30-16:20						16.00
17.00		PILATES BARRE 17:00-17:50	ZUMBA 16:30-17:20	PILATES BARRE 16:30-17:20			YOGA 17:00-18:20	17.00
18.00			DANCE 17:30-18:20	YOGA 17:30-18:50				18.00
19.00	ZUMBA 18:30-19:20	PILATES BARRE 18:30-19:20	ZUMBA 18:30-19:20	YOGA 19:00-20:20	YOGA 19:00-20:20		YOGA 18:30-19:50	19.00
20.00	YOGA 19:30-20:50	ZUMBA 19:30-20:20	YOGA 19:30-20:50					20.00
21.00								21.00
H	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo	H