SALA 1 ARETOA (JUPITER)

TEMPORADA 2026/27 DENBORALDIA

	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado	Igandea Domingo
7.00	BODYPUMP 7:10-8:00			BODYPUMP 7:10-8:00			
8.00				ESPALDA ACTIVA 8:00-8:50			
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	
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
12.00							
13.00							
14.00	BODYPUMP 14:00-14:50			BODYPUMP 14:00-14:50			
15.00							
16.00	GAP 15:30-16:20	BODYPUMP 15:30-16:20	CORE 15:30-16:15	CORE 15:30-16:15	BODYPUMP 15:30-16:20		
17.00							
18.00	TODO TONO 17:30-18:20	BODYPUMP 17:30-18:20	FUERZA MUJER 17:30-18:20	BODYPUMP 17:30-18:20	CORE 18:00-18:45		
19.00	CORE 18:30-19:15	BODYBALANCE 18:30-19:20	BODYPUMP 18:30-19:20	BODYSTEP 18:30-19:20	BODYPUMP 19:15-20:05		
20.00	BODYSTEP 19:15-20:05	BODYPUMP 19:30-20:20	CORE 19:30-20:15	BODYPUMP 19:30-20:20			
21.00	BODYPUMP 20:15-21:05	FUERZA MUJER 20:30-21:20	BODYBALANCE 20:15-21:05				