

# SALA 4 ARETOA (MERKURIO)

TEMPORADA 2026/27 DENBORALDIA

Astelehena Lunes

Asteartea Martes

Asteazkena Miércoles

Osteguna Jueves

Ostirala Viernes

Larunbata Sábado

Igandea Domingo

|       |                             |                                         |                               |                                         |                               |  |       |
|-------|-----------------------------|-----------------------------------------|-------------------------------|-----------------------------------------|-------------------------------|--|-------|
| 7.00  |                             | SPINNING<br>7:10-8:00                   |                               | SPINNING<br>7:10-8:00                   | SPINNING<br>7:10-8:00         |  | 7.00  |
| 8.00  |                             |                                         | SPINNING<br>8:00-8:50         |                                         |                               |  | 8.00  |
| 9.00  |                             |                                         | TRIATLÓN<br>9:00-10:00        |                                         |                               |  | 9.00  |
| 10.00 | SPINNING<br>9:30-10:20      | EJERCICIO<br>CARDIO-SALUD<br>9:30-10:50 | SPINNING<br>10:15-11:05       | EJERCICIO<br>CARDIO-SALUD<br>9:30-10:50 | SPINNING START<br>10:00-10:40 |  | 10.00 |
| 11.00 |                             |                                         |                               |                                         |                               |  | 11.00 |
| 12.00 |                             |                                         |                               |                                         | SPINNING<br>11:15-12:05       |  | 12.00 |
| 13.00 |                             |                                         |                               |                                         |                               |  | 13.00 |
| 14.00 |                             | SPINNING<br>14:00-14:50                 |                               |                                         | SPINNING<br>14:00-14:50       |  | 14.00 |
| 15.00 |                             |                                         |                               |                                         |                               |  | 15.00 |
| 16.00 |                             |                                         | TRIATLÓN<br>15:15-16:15       | SPINNING<br>15:15-16:05                 |                               |  | 16.00 |
| 17.00 | SPINNING<br>17:00-17:50     |                                         | TRIATLÓN<br>16:15-17:15       | TRIATLÓN<br>16:15-17:15                 | TRIATLÓN<br>16:15-17:15       |  | 17.00 |
| 18.00 | SPINNING<br>18:00-18:50     | SPINNING<br>17:30-18:20                 | TRIATLÓN<br>17:15-18:15       |                                         | SPINNING START<br>17:15-17:55 |  | 18.00 |
| 19.00 | SPINNING +20<br>19:00-20:10 | SPINNING<br>18:30-19:20                 | SPINNING START<br>18:15-18:55 | SPINNING<br>18:30-19:20                 | SPINNING<br>18:00-18:50       |  | 19.00 |
| 20.00 |                             | SPINNING<br>19:30-20:20                 | SPINNING<br>19:00-19:50       | SPINNING +20<br>19:30-20:40             |                               |  | 20.00 |
| 21.00 | SPINNING<br>20:30-21:20     |                                         | SPINNING<br>20:00-20:50       |                                         |                               |  | 21.00 |