

SALA 2 ARETOA (LURRA)

TEMPORADA 2026/27 DENBORALDIA

Astelehena Lunes

Asteartea Martes

Asteazkena Miércoles

Osteguna Jueves

Ostirala Viernes

Larunbata Sábado

Igandea Domingo

7.00

7.00

8.00

8.00

ESPALDA ACTIVA

8:30-9:20

PILATES BALL

8:30-9:20

STRETCHING

9:00-9:20

PILATES BALL

8:00-8:50

PILATES BARRE

9:00-9:50

STRETCHING

9:00-9:20

DANCE

9:30-10:20

PILATES BARRE

9:30-10:20

ZUMBA

9:30-10:20

ESPALDA ACTIVA

9:30-10:20

PILATES BALL

10:30-11:20

YOGA

10:30-11:50

ESPALDA ACTIVA

10:30-11:20

YOGA

10:00-11:20

YOGA

10:30-11:50

ESPALDA ACTIVA

11:30-12:20

12.00

12.00

13.00

13.00

14.00

14.00

15.00

15.00

ZUMBA

15:30-16:20

ESPALDA ACTIVA

15:30-16:20

ZUMBA

15:30-16:20

PILATES BALL

16:30-17:20

PILATES BALL

16:30-17:20

PILATES BARRE

17:30-18:20

YOGA

17:30-18:20

YOGA

17:30-18:50

PILATES BALL

18:00-18:50

STRETCHING

18:00-18:20

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

POWER YOGA

19:30-20:30

ESPALDA ACTIVA

19:30-20:20

POWER YOGA

19:30-20:30

STRETCHING

20:30-20:50

20.00

20.00

21.00

21.00

YOGA

17:00-18:20

YOGA

18:30-19:50