



# KIROL ABONAMENDUA



## ASTELEHENA

9.30-10.30 AEROTONOA  
10.45-11.30 AQUAGIMA

18.00-19.00 IPAR MARTXA  
LUZAKETAK

18.30-19.30 SPINNINGA  
19.15-20.15 AEROTONOA  
TRX TRAINING

19.30-20.30 SPINNING  
20.15-21.15 ZUMBA



## ASTEARTEA

9.15-10.15 ARIKETA ARINA  
10.30-11.30 SPINNING

15.30-16.30 SPINNING

18.00-19.00 STEPA  
SPINNING EUSK

19.00-20.00 INSANITY  
SPINNING

19.15-20.15 CROSS TRAINING

20.15-21.15 BODY FIT



## ASTEAZKENA

9.30-10.30 AEROTONOA  
10.45-11.30 AQUAGIMA

18.00-19.00 IPAR MARTXA  
SOINKETA AKT

18.30-19.30 SPINNING  
19.00-20.00 BODY FIT  
19.15-20.15 TONO TRAINING

19.30-20.30 SPINNING  
20.15-21.15 ZUMBA

## OSTEGUNA

9.15-10.15 ARIKETA RINA  
10.15-11.15 BODY FIT

15.30-16.30 SPINNING

18.00-19.00 INSANITY  
SPINNING EUSK

19.00-20.00 STEPA  
SPINNING

19.15-20.15 BOX TRAINING

20.00-21.00 BODY FIT

## OSTIRALA

9.30-10.30 AEROTONOA  
10.30-11.30 SPINNING  
10.45-11.30 AQUAGIMA

## LARUNBATA

10.30-11.30 SPINNING



QR KODEA ESKANEATU  
ETA EGIN ZURE ERRESERBAK

