

HILEKO BONUA, SAIO GUZTIAK AUKERAN: 28 € /// 2,90€ saioa

	ASTELEHENA	MARTITZENA	EGUAZTENA	EGUENA	BARIKUA	ZAPATUA	DOMEKA
8:15		BIKING		BIKING			
9:15	BIKING	FITNESS FUNTZION.	STEP	FITNESS FUNTZION.	BIKING		
10:00						BIKING	BIKING
10:15			STRETCHING				
10:30	AKUA RUNNING		AKUA RUNNING		ZUMBA		
11:30		YOGA					
14:15	FITNESS FUNTZION.	BIKING		BIKING			
15:15	BIKING	GAP	BIKING	FITNESS FUNTZION.	BIKING		
17:30	ZUMBA		POWER				
18:00		TRX Core 0		TRX Core 1		BIKING	
18:30	TONO	STRETCHING	ZUMBA	ZUMBA			
19:00							
19:00	FITNESS FUNTZION.		FITNESS FUNTZION.				
19:15		BIKING		BIKING			
19:30		FITNESS FUNTZION.		FITNESS FUNTZION.			
19:30				STEP			
20:15	BIKING		BIKING				
20:30		FITNESS FUNTZION.		FITNESS FUNTZION.			
20:30	YOGA	STEP		STRETCHING			
	AEROBIC GELA	GOIKO GELA	KARATE GELA	BIKING GELA	IGERILEKUA		
	TATAMI BERRIA						