

HORARIOS ACTIVIDADES TEMPORADA 22/23

| LUNES | | | | | MARTES | | | | | MIÉRCOLES | | | | | JUEVES | | | | | VIERNES | | | | | SÁBADO | | | | |
|-------|----------------|------|--------|---------|--------|----------------|------|-------|---------|-----------|----------------|------|-------|---------|--------|----------------|------|-------|--------|---------|-------------|------|-------|--------|--------|-----------|------|-------|---------|
| HORA | ACTIVIDAD | SALA | MON | | HORA | ACTIVIDAD | SALA | MON | | HORA | ACTIVIDAD | SALA | MON | | HORA | ACTIVIDAD | SALA | MON | | HORA | ACTIVIDAD | SALA | MON | | HORA | ACTIVIDAD | SALA | MON | |
| 7:45 | CARDIO-TONO | 45' | 1 | EVA | 8:00 | SPINNING | 50' | SPINN | OIHANE | 7:45 | CARDIO-TONO | 60' | 1 | EVA | 8:00 | SPINNING | 50' | SPINN | OIHANE | 7:45 | CARDIO TONO | 60' | 1 | EVA | 9:30 | PILATES | 60' | 1 | YOJANEL |
| 9:00 | PILATES | 60' | 2 | MOISES | 9:00 | TABATA | 30' | 1 | OIHANE | 8:00 | PILATES | 60' | 2 | YOJANEL | 9:00 | FUNCIONAL | 45' | 1 | OIHANE | 9:00 | ZUMBA | 60' | 1 | EVA | 10:00 | SPINNING | 60' | SPINN | OSCAR |
| 9:00 | ZUMBA | 60' | 1 | EVA | 9:00 | PILATES | 60' | 2 | ELISA | 9:00 | ZUMBA | 60' | 1 | EVA | 9:00 | PILATES | 60' | 2 | MOISES | 9:00 | PILATES | 60' | 2 | ELISA | 10:35 | YOGA | 60' | 1 | YOJANEL |
| 9:00 | CROSSTRAINNING | 45' | CROSS | ELISA | 9:15 | AQUAFITNESS | 45' | PISCI | IZARNE | 9:00 | YOGA | 60' | 2 | YOJANEL | 9:15 | AQUAFITNESS | 45' | PISCI | IZARNE | 10:00 | BODY PUMP | 45' | 2 | ELISA | 11:00 | SPINNING | 60' | SPINN | OSCAR |
| 9:15 | SPINNING | 50' | SPINN | IZARNE | 9:30 | ABD EXPRESS | 30' | 1 | OIHANE | 9:15 | SPINNING | 50' | SPINN | IZARNE | 10:00 | PILATES | 60' | 2 | ELISA | 11:00 | STRETCHING | 45' | 2 | ELISA | | | | | |
| 10:00 | TRX - CORE | 45' | 2 | MOISES | 10:00 | BODY PUMP | 60' | 1 | ELISA | 10:00 | PILATES | 50' | 2 | ELISA | 10:00 | TRX-CORE | 45' | 2 | OIHANE | | | | | | | | | | |
| 10:00 | PILATES | 60' | 2 | ELISA | 10:15 | BODY BALANCE | 45' | 2 | OIHANE | 11:00 | HITT | 30' | 1 | ELISA | 10:15 | CROSSTRAINNING | 45' | CROSS | MOISES | | | | | | | | | | |
| 10:45 | STRECHING | 45' | 2 | MOISES | 11:00 | GAP | 30' | 1 | ELISA | 11:40 | TRX | 30' | 2 | ELISA | 11:00 | BODYPUMP | 60' | 1 | ELISA | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:15 | SPINNING | 50' | SPINN | OIHANE | 14:15 | PILATES | 60' | 2 | LOLI | 14:15 | SPINNING | 50' | SPINN | OIHANE | 14:15 | PILATES | 60' | 2 | LOLI | 14:15 | SPINNING | 50' | SPINN | OIHANE | | | | | |
| 15:15 | FUNCIONAL | 45' | 1 | OIHANE | | | | | | 15:15 | TRX | 45' | 2 | OIHANE | | | | | | | | | | | | | | | |
| | | | | | 16:00 | BODY PUMP | 45' | 1 | MOISES | | | | | | 16:00 | BODY PUMP | 45' | 1 | MOISES | | | | | | | | | | |
| 16:45 | TRX | 30' | 2 | OIHANE | 16:55 | YOGA | 60' | 2 | LOLI | 16:30 | STRECHING | 45' | 2 | OIHANE | 16:55 | ABD EXPRESS | 30' | 2 | OIHANE | 17:20 | YOGA | 60' | 2 | LOLI | | | | | |
| 16:55 | BODY PUMP | 45' | 1 | MOISES | 16:55 | ZUMBA | 45' | 1 | MOISES | 16:55 | BODY PUMP | 45' | 1 | MOISES | 16:55 | ZUMBA | 45' | 1 | MOISES | 18:25 | YOGA | 60' | 2 | LOLI | | | | | |
| 17:15 | PILATES | 60' | 2 | ELISA | 17:45 | FUNCIONAL | 45' | 1 | IZARNE | 17:15 | PILATES | 60' | 2 | ELISA | 17:25 | TABATA | 30' | 2 | OIHANE | 18:00 | CORE | 30' | 1 | IZARNE | | | | | |
| 17:45 | ZUMBA | 45' | 1 | MOISES | 18:00 | YOGA | 60' | 2 | LOLI | 17:45 | ZUMBA | 45' | 1 | MOISES | 17:45 | FUNCIONAL | 45' | 1 | IZARNE | 18:30 | SPINNING | 50' | SPINN | OIHANE | | | | | |
| 18:20 | PILATES | 60' | 2 | ELISA | 18:00 | CROSSTRAINNING | 45' | CROSS | ELISA | 18:20 | PILATES | 60' | 2 | ELISA | 18:00 | PILATES | 60' | 2 | LOLI | 18:30 | BODY PUMP | 60' | 1 | IZARNE | | | | | |
| 18:30 | SPINNING | 50' | SPINN | IBON | 18:15 | AQUAFITNESS | 45' | PISCI | LEYRE | 18:30 | SPINNING | 50' | SPINN | IBON | 18:00 | CROSSTRAINNING | 45' | CROSS | ELISA | 19:30 | PILATES | 60' | 2 | LOLI | | | | | |
| 18:35 | ZUMBA | 45' | 1 | MOISES | 18:15 | SPINNING | 50' | SPINN | OIHANE | 18:35 | ZUMBA | 45' | 1 | MOISES | 18:15 | AQUAFITNESS | 45' | PISCI | LEYRE | | | | | | | | | | |
| 19:25 | BODY COMBAT | 60' | 1 | OIHANE | 18:30 | CORE | 30' | 1 | IZARNE | 19:25 | BODY COMBAT | 60' | 1 | OIHANE | 18:15 | SPINNING | 50' | SPINN | OIHANE | | | | | | | | | | |
| 19:25 | BODY BALANCE | 60' | 2 | YOJANEL | 19:00 | CROSSTRAINNING | 45' | CROSS | ELISA | 19:25 | BODY BALANCE | 60' | 2 | YOJANEL | 18:30 | HIIT | 30' | 1 | IZARNE | | | | | | | | | | |
| 19:30 | SPINNING | 50' | SPINN | IBON | 19:00 | BODY PUMP | 60' | 1 | IZARNE | 19:30 | SPINNING | 50' | SPINN | IBON | 19:00 | BODY PUMP | 60' | 1 | IZARNE | | | | | | | | | | |
| 19:30 | AQUAFITNESS | 45' | PISCIN | LEYRE | 19:05 | PILATES | 30' | 2 | LOLI | 19:30 | AQUAFITNESS | 45' | PISCI | LEYRE | 19:00 | CROSSTRAINNING | 45' | CROSS | ELISA | | | | | | | | | | |
| 19:30 | CROSSTRAINNING | 45' | CROSS | MOISES | 19:15 | SPINNING | 50' | SPINN | OIHANE | 19:30 | CROSSTRAINNING | 45' | CROSS | MOISES | 19:05 | PILATES | 60' | 2 | LOLI | | | | | | | | | | |
| 20:30 | SPINNING | 50' | SPINN | IBON | 20:00 | GAP | 30' | 1 | ELISA | 20:30 | SPINNING | 50' | SPINN | IBON | 19:15 | SPINNING | 50' | SPINN | OIHANE | | | | | | | | | | |
| 20:30 | BODY PUMP | 60' | 1 | IZARNE | 20:00 | PILATES | 60' | 2 | LOLI | 20:30 | BODY PUMP | 45' | 1 | IZARNE | 20:00 | GAP | 30' | 1 | ELISA | | | | | | | | | | |
| 20:30 | PILATES | 60' | 2 | YOJANEL | 20:15 | SPINNING | 50' | SPINN | OIHANE | 20:30 | PILATES | 60' | 2 | YOJANEL | 20:00 | PILATES | 60' | 2 | LOLI | | | | | | | | | | |
| | | | | | 20:30 | ZUMBA | 60' | 1 | GIOVANA | | | | | | 20:15 | SPINNING | 50' | SPINN | OIHANE | | | | | | | | | | |
| | | | | | | | | | | 20:30 | ZUMBA | 60' | 1 | GIOVANA | | | | | | | | | | | | | | | |

DOMINGO

| HORA | ACTIVIDAD | SALA | MON |
|-------|------------|------|----------|
| 10:00 | CLASE ESP. | ? | 1 MOISES |
| 11:00 | CLASE ESP. | ? | 1 MOISES |

* Los horarios de las actividades pueden sufrir modificaciones en caso de necesidades organizativas
 * En caso de que la asistencia a la actividad sea baja la actividad sera suspendida o sustituida por otra.
 * El número máximo de alumnos por actividad quedara expuesto en la central de reservaso

