



**JARDUERA ORDUTEGIA- HORARIO ACTIVIDADES DIRIGIDAS**  
 URRIA Octubre

	ASTELEHEN / L		ASTEARTE / M		ASTEAZKEN / X		OSTEGUN / J		OSTIRAL / V		LARUNBAT / S		IGANDE / D	
7:30	FUNCIONAL EXPRESS SKILL / FUNCIONAL	25' 7:30H	HIIT	25' 7:30H	FUNCIONAL EXPRESS SKILL / FUNCIONAL	25' 7:30H	HIIT	25' 7:30H						
8:15	NAT. PERFEC.	50'	AQUAGYM	50'	NAT. PERFEC.	50'	AQUAGYM	50'	TOTAL BODY	50'				
	IGERILEKUA/ piscina	8:15 H	IGERILEKUA/ piscina	8:15H	IGERILEKUA/ piscina	8:15 H	IGERILEKUA/ piscina	8:15H	CONDICIONAMIENTO FISICO	8:15H				
	TOTAL BODY	50'	ACONDICIONAMIENTO FISICO	50'	TOTAL BODY	50'	ACONDICIONAMIENTO FISICO	50'						
	ACTIVITY 1	8:15H	ACTIVITY 1	8:15H	ACTIVITY 1	8:15H	ACTIVITY 1	8:15H						
9:15	BIKE VIRTUAL	50'			BIKE VIRTUAL	50'								
	IGERILEKUA/ piscina	9:15 H	IGERILEKUA/ piscina	9:15 H	IGERILEKUA/ piscina	9:15 H	IGERILEKUA/ piscina	9:15 H	AQUAHIT	50'				
	BODY PUMP	50'	BIKE	50'	BODY PUMP	50'	BIKE	50'	GAP	50'				
	ACTIVITY 1	9:15H	BIKE	9:15H	ACTIVITY 1	9:15H	BIKE	9:15H	ACTIVITY 1	9:15H				
9:30	PILATES	50'	PILATES	50'	PILATES	50'	PILATES	50'	PILATES	50'				
	IGERILEKUA/ piscina	9:15H	ACTIVITY 1	9:15H	ACTIVITY 1	9:15H	ACTIVITY 1	9:15H	ACTIVITY 3	9:15H				
	ELASTIC	25'			ELASTIC	25'					TRX	50'	TOTAL BODY	50'
	ACTIVITY 3	9:30 H			ACTIVITY 3	9:30 H					ACTIVITY 2	9:30H	ACTIVITY 1	9:30H
10:15	AQUAGYM	50'	AQUAGYM	50'	AQUAGYM	50'	AQUAGYM	50'	AQUAGYM	50'				
	IGERILEKUA/ piscina	10:15H	IGERILEKUA/ piscina	10:15H	IGERILEKUA/ piscina	10:15H	IGERILEKUA/ piscina	10:15H	IGERILEKUA/ piscina	10:15H				
	ESPALDA SANA	50'	ZUMBA	50'	ESPALDA SANA	50'	ZUMBA	50'	ZUMBA	50'				
	ACTIVITY 1	10:15H	ACTIVITY 1	10:15H	ACTIVITY 1	10:15H	ACTIVITY 1	10:15H	ACTIVITY 1	10:15H				
10:30	PILATES	50'	PILATES	50'	PILATES	50'	PILATES	50'	ESPALDA SANA	50'				
	IGERILEKUA/ piscina	10:15H	ACTIVITY 3	10:15H	ACTIVITY 3	10:15H	ACTIVITY 3	10:15H	ACTIVITY 3	10:15H				
	BIKE VIRTUAL	50'	BODY PUMP	50'	BIKE VIRTUAL	50'	BODY PUMP	50'			PILATES	50'	BIKE	50'
	IGERILEKUA/ piscina	10:15H	ACTIVITY 2	10:15H	IGERILEKUA/ piscina	10:15H	ACTIVITY 2	10:15H			ACTIVITY 1	10:30H	BIKE	10:30H
11:15	AQUAGYM 65	50'	AQUAGYM 65	50'	AQUAGYM 65	50'	AQUAGYM 65	50'	AQUAGYM 65	50'				
	IGERILEKUA/ piscina	11:15H	IGERILEKUA/ piscina	11:15H	IGERILEKUA/ piscina	11:15H	IGERILEKUA/ piscina	11:15H	IGERILEKUA/ piscina	11:15H				
	PILATES	50'	ESPALDA SANA	50'	PILATES	50'	ESPALDA SANA	50'	SGA	50'				
	ACTIVITY 1	11:15H	ACTIVITY 3	11:15H	ACTIVITY 1	11:15H	ACTIVITY 3	11:15H	ACTIVITY 3	11:15H				
11:30	EN FORMA SENIOR	50'	BIKE VIRTUAL	50'	EN FORMA SENIOR	50'	BIKE VIRTUAL	50'			B.COMBAT	50'	ESPALDA SANA	50'
	IGERILEKUA/ piscina	11:15H	BIKE	11:15H	IGERILEKUA/ piscina	11:15H	BIKE	11:15H			ACTIVITY 1	11:30H	ACTIVITY 1	11:30H
	AQUAGYM	50'	AQUAGYM	50'	AQUAGYM	50'	AQUAGYM	50'	BIKE VIRTUAL	50'				
	IGERILEKUA/ piscina	12:15H	IGERILEKUA/ piscina	12:15H	IGERILEKUA/ piscina	12:15H	IGERILEKUA/ piscina	12:15H	BIKE	12:15H				
12:15	BIKE VIRTUAL	50'			BIKE VIRTUAL	50'								
	IGERILEKUA/ piscina	12:15H			IGERILEKUA/ piscina	12:15H								
	ZUMBA	50'			ZUMBA	50'							ZUMBA	50'
	IGERILEKUA/ piscina	12:15H			IGERILEKUA/ piscina	12:15H							ACTIVITY 1	12:30H
13:30	BODY PUMP	50'	ZUMBA	50'	BODY PUMP	50'	ZUMBA	50'						
	IGERILEKUA/ piscina	13:30H	ACTIVITY 1	13:30H	ACTIVITY 1	13:30H	ACTIVITY 1	13:30H						
			BIKE VIRTUAL	50'			BIKE VIRTUAL	50'						
	IGERILEKUA/ piscina	13:30H	BIKE	13:30H	IGERILEKUA/ piscina	13:30H	BIKE	13:30H						
14:00													BIKE VIRTUAL	50'
	IGERILEKUA/ piscina	14:00H			IGERILEKUA/ piscina	14:00H							BIKE	14:00H
	BIKE	50'	CORE-ELASTIC	50'	BIKE	50'	CORE-ELASTIC	50'						
	IGERILEKUA/ piscina	14:30H	ACTIVITY 3	14:30H	IGERILEKUA/ piscina	14:30H	ACTIVITY 3	14:30H						
15:30	PILATES	50'	FUNCIONAL EXPRESS	25'	PILATES	50'	FUNCIONAL EXPRESS	25'	AEROYOGA	50'				
	IGERILEKUA/ piscina	15:30H	SKILL / FUNCIONAL	15:30H	ACTIVITY 3	15:30H	SKILL / FUNCIONAL	15:30H	ACTIVITY 2	15:30H				
			BIKE VIRTUAL	50'			BIKE VIRTUAL	50'	BIKE VIRTUAL	50'	BIKE VIRTUAL	50'	BIKE VIRTUAL	50'
	IGERILEKUA/ piscina	16:00H	BIKE	16:00H	IGERILEKUA/ piscina	16:00H	BIKE	16:00H	BIKE	16:00H	BIKE	16:00H	BIKE	16:00H
16:30	FUNCIONAL EXPRESS	25'			FUNCIONAL EXPRESS	25'								
	IGERILEKUA/ piscina	16:30H			IGERILEKUA/ piscina	16:30H								
	ESPALDA SANA	50'	PILATES	50'	ESPALDA SANA	50'	PILATES	50'	BIKE	50'				
	ACTIVITY 3	17:00H	ACTIVITY 1	17:00H	ACTIVITY 3	17:00H	ACTIVITY 1	17:00H	BIKE	17:00H				
17:00	BIKE VIRTUAL	50'	TRX	50'	BIKE VIRTUAL	50'	TRX	50'						
	IGERILEKUA/ piscina	17:00H	ACTIVITY 2	17:00H	IGERILEKUA/ piscina	17:00H	ACTIVITY 2	17:00H						
	ZUMBA	50'			ZUMBA	50'								
	ACTIVITY 4	17:00H			ACTIVITY 1	17:00H								
18:00	BIKE	50'	BIKE	50'	BIKE	50'	BIKE	50'	TOTAL BODY	50'	BIKE VIRTUAL	50'	BIKE VIRTUAL	50'
	IGERILEKUA/ piscina	18:00H	BIKE	18:00H	IGERILEKUA/ piscina	18:00H	BIKE	18:00H	ACTIVITY 1	18:00H	BIKE	18:00H	BIKE	18:00H
	TRX	50'	BODY BALANCE	50'	TRX	50'	BODY BALANCE	50'						
	ACTIVITY 2	18:00H	ACTIVITY 3	18:00H	ACTIVITY 2	18:00H	ACTIVITY 3	18:00H						
18:45	PILATES	50'	GYM JUNIOR	50'	PILATES	50'	GYM JUNIOR	50'						
	IGERILEKUA/ piscina	18:00H	SKILL / FUNCIONAL	18:00H	ACTIVITY 1	18:00H	SKILL / FUNCIONAL	18:00H						
	AQUAHIT	50'			AQUAGYM	50'								
	IGERILEKUA/ piscina	18:45H			IGERILEKUA/ piscina	18:45H								
19:00	BODY BALANCE	50'	BODY PUMP	50'	BODY BALANCE	50'	BODY PUMP	50'	FUNCIONAL EXPRESS	25'				
	IGERILEKUA/ piscina	19:00H	ACTIVITY 3	19:00H	ACTIVITY 3	19:00H	ACTIVITY 1	19:00H	SKILL / FUNCIONAL	19:00H				
	BIKE	50'	B.COMBAT	50'	BIKE	50'	B.COMBAT	50'						
	ACTIVITY 4	19:00H	ACTIVITY 2	19:00H	ACTIVITY 2	19:00H	ACTIVITY 2	19:00H						
19:15			PILATES	50'			PILATES	50'						
	IGERILEKUA/ piscina	19:00H	ACTIVITY 3	19:00H	IGERILEKUA/ piscina	19:00H	ACTIVITY 3	19:00H						
	NAT. INICIACIÓN	50'	AQUAGYM	50'	NAT. INICIACIÓN	50'	AQUAGYM	50'						
	IGERILEKUA/ piscina	19:15H	IGERILEKUA/ piscina	19:15H	IGERILEKUA/ piscina	19:15H	IGERILEKUA/ piscina	19:15H						
19:30	NAT. ENTRENAMIENTO	50'	NAT. PERFEC.	50'	NAT. PERFEC.	50'	NAT. PERFEC.	50'						
	IGERILEKUA/ piscina	19:15H	IGERILEKUA/ piscina	19:15H	IGERILEKUA/ piscina	19:15H	IGERILEKUA/ piscina	19:15H						
	CROSS TRAINING EXPRESS	25'			CROSS TRAINING EXPRESS	25'								
	SKILL / FUNCIONAL	19:30H			SKILL / FUNCIONAL	19:30H								
20:00	BODY PUMP	50'	BIKE VIRTUAL	50'	BODY PUMP	50'	BIKE VIRTUAL	50'						
	IGERILEKUA/ piscina	20:00H	BIKE	20:00H	IGERILEKUA/ piscina	20:00H	BIKE	20:00H						
	AEROYOGA	50'	YOGA	50'	AEROYOGA	50'	YOGA	50'						
	ACTIVITY 2	20:00H	ACTIVITY 1	20:00H	ACTIVITY 1	20:00H	ACTIVITY 1	20:00H						
		CROSS TRAINING EXPRESS	25'			CROSS TRAINING EXPRESS	25'							
		SKILL / FUNCIONAL	20:00H			SKILL / FUNCIONAL	20:00H							

OHARRAK / Observaciones JAI EGUNA: Urriak 12 / Festivo: 12 octubre