



**JARDUERA ORDUTEGIA- HORARIO ACTIVIDADES DIRIGIDAS**  
AZAROA Noviembre

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

OHARRAK / Observaciones JAI EGUNA: Azaroak 1 / Festivo: 1 noviembre