



JARDUERA ORDUTEGIA- HORARIO ACTIVIDADES DIRIGIDAS

Abuztua 19-25 Agosto 19-31

	ASTELEHEN / L	ASTEARTE / M	ASTEAZKEN / X	OSTEGUN / J	OSTIRAL / V	LARUNBAT / S	IGANDE / D
7:30	FUNCIONAL EXPRESS 25' SKILL / FUNCIONAL 7:30H		FUNCIONAL EXPRESS 25' SKILL / FUNCIONAL 7:30H				
8:15	TOTAL BODY 50' ACTIVITY 1 8:15H BIKE VIRTUAL 50' BIKE 8:15H	ACONDICIONAMIENTO FISICO 50' ACTIVITY 1 8:15H	TOTAL BODY 50' ACTIVITY 1 8:15H BIKE VIRTUAL 50' BIKE 8:15H	ACONDICIONAMIENTO FISICO 50' ACTIVITY 1 8:15H	TOTAL BODY 50' ACTIVITY 1 8:15H		
9:15	BODY PUMP 50' ACTIVITY 1 9:15H PILATES 50' ACTIVITY 3 9:15H	NATACION 50' IGERILEKUA/ piscina 9:15 H BIKE 50' BIKE 9:15H PILATES 50' ACTIVITY 1 9:15H	BODY PUMP 50' ACTIVITY 1 9:15H PILATES 50' ACTIVITY 3 9:15H	NATACION 50' IGERILEKUA/ piscina 9:15 H BIKE 50' BIKE 9:15H PILATES 50' ACTIVITY 1 9:15H	GAP 50' ACTIVITY 1 9:15H PILATES 50' ACTIVITY 3 9:15H		
9:30	ELASTIC 25' BODY&MIND 9:30 H	ELASTIC 25' ACTIVITY 3 9:30 H	ELASTIC 25' BODY&MIND 9:30 H	ELASTIC 25' ACTIVITY 3 9:30 H		BODY PUMP 50' ACTIVITY 1 9:30H	TOTAL BODY 50' ACTIVITY 1 9:30H
10:15	AQUAGYM 50' IGERILEKUA/ piscina 10:15H ESPALDA SANA 50' ACTIVITY 1 10:15H PILATES 50' ACTIVITY 3 10:15H BIKE VIRTUAL 50' BIKE 10:15H GAP 50' ACTIVITY 2 10:15H	AQUAGYM 50' IGERILEKUA/ piscina 10:15H ZUMBA 50' ACTIVITY 1 10:15H PILATES 50' ACTIVITY 3 10:15H BODY PUMP 50' ACTIVITY 2 10:15H	AQUAGYM 50' IGERILEKUA/ piscina 10:15H ESPALDA SANA 50' ACTIVITY 1 10:15H PILATES 50' ACTIVITY 3 10:15H BIKE VIRTUAL 50' BIKE 10:15H GAP 50' ACTIVITY 2 10:15H	AQUAGYM 50' IGERILEKUA/ piscina 10:15H ZUMBA 50' ACTIVITY 1 10:15H PILATES 50' ACTIVITY 3 10:15H BODY PUMP 50' ACTIVITY 2 10:15H	AQUAGYM 50' IGERILEKUA/ piscina 10:15H ZUMBA 50' ACTIVITY 1 10:15H SGA 50' ACTIVITY 3 10:15H PILATES 50' BODY&MIND 10:15H		
10:30						ESPALDA SANA 50' ACTIVITY 1 10:30H	BIKE 50' BIKE 10:30H
11:15	AQUAGYM 65 50' IGERILEKUA/ piscina 11:15H PILATES 50' ACTIVITY 1 11:15H EN FORMA SENIOR 50' ACTIVITY 2 11:15H	AQUAGYM 65 50' IGERILEKUA/ piscina 11:15H ESPALDA SANA 50' ACTIVITY 1 11:15H BIKE VIRTUAL 50' BIKE 11:15H	AQUAGYM 65 50' IGERILEKUA/ piscina 11:15H PILATES 50' ACTIVITY 1 11:15H EN FORMA SENIOR 50' ACTIVITY 2 11:15H	AQUAGYM 65 50' IGERILEKUA/ piscina 11:15H ESPALDA SANA 50' ACTIVITY 1 11:15H BIKE VIRTUAL 50' BIKE 11:15H	AQUAGYM 65 50' IGERILEKUA/ piscina 11:15H ESPALDA SANA 50' ACTIVITY 1 11:15H		
11:30						B.COMBAT 50' ACTIVITY 1 11:30H	PILATES 50' ACTIVITY 1 11:30H
12:15	BIKE VIRTUAL 50' BIKE 12:15H		BIKE VIRTUAL 50' BIKE 12:15H		BIKE VIRTUAL 50' BIKE 12:15H		
13:30	BODY PUMP 50' ACTIVITY 1 13:30H	TRX 50' ACTIVITY 2 13:30H BIKE VIRTUAL 50' BIKE 13:30H	BODY PUMP 50' ACTIVITY 1 13:30H	TRX 50' ACTIVITY 2 13:30H BIKE VIRTUAL 50' BIKE 13:30H			
14:00							BIKE VIRTUAL 50' BIKE 14:00H
14:30	BIKE 50' BIKE 14:30H	CORE-ELASTIC 50' ACTIVITY 3 14:30H	BIKE 50' BIKE 14:30H	CORE-ELASTIC 50' ACTIVITY 3 14:30H			
15:30	PILATES 50' ACTIVITY 3 15:30H	FUNCIONAL EXPRESS 25' SKILL / FUNCIONAL 15:30H	PILATES 50' ACTIVITY 3 15:30H	FUNCIONAL EXPRESS 25' SKILL / FUNCIONAL 15:30H			
16:00		BIKE VIRTUAL 50' BIKE 16:00H		BIKE VIRTUAL 50' BIKE 16:00H	BIKE VIRTUAL 50' BIKE 16:00H	BIKE VIRTUAL 50' BIKE 16:00H	BIKE VIRTUAL 50' BIKE 16:00H
16:30	FUNCIONAL EXPRESS 25' SKILL / FUNCIONAL 16:30H		FUNCIONAL EXPRESS 25' SKILL / FUNCIONAL 16:30H				
17:00	ESPALDA SANA 50' ACTIVITY 3 17:00H BIKE VIRTUAL 50' BIKE 17:00H ZUMBA 50' ACTIVITY 1 17:00H	PILATES 50' ACTIVITY 1 17:00H	ESPALDA SANA 50' ACTIVITY 3 17:00H BIKE VIRTUAL 50' BIKE 17:00H ZUMBA 50' ACTIVITY 1 17:00H	PILATES 50' ACTIVITY 1 17:00H	BIKE 50' BIKE 17:00H		
18:00	BIKE 50' BIKE 18:00H TRX 50' ACTIVITY 2 18:00H PILATES 50' ACTIVITY 1 18:00H NAT. INICIACION 50' IGERILEKUA/ piscina 18:00H	BIKE 50' BIKE 18:00H ACONDICIONAMIENTO FISICO 50' ACTIVITY 1 18:00H NAT. PERFEC. 50' IGERILEKUA/ piscina 18:00H	BIKE 50' BIKE 18:00H TRX 50' ACTIVITY 2 18:00H PILATES 50' ACTIVITY 1 18:00H NAT. INICIACION 50' IGERILEKUA/ piscina 18:00H	BIKE 50' BIKE 18:00H ACONDICIONAMIENTO FISICO 50' ACTIVITY 1 18:00H NAT. PERFEC. 50' IGERILEKUA/ piscina 18:00H	TOTAL BODY 50' ACTIVITY 1 18:00H	BIKE VIRTUAL 50' BIKE 18:00H	BIKE VIRTUAL 50' BIKE 18:00H
19:00	AQUAGYM 50' IGERILEKUA/ piscina 19:00H	B.COMBAT 50' ACTIVITY 2 19:00H PILATES 50' ACTIVITY 3 19:00H RUNNING 50' OUTDOOR 19:00H	AQUAGYM 50' IGERILEKUA/ piscina 19:00H	B.COMBAT 50' ACTIVITY 2 19:00H PILATES 50' ACTIVITY 3 19:00H	FUNCIONAL EXPRESS 25' SKILL / FUNCIONAL 19:00H		
19:30	CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 19:30H		CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 19:30H				
20:00	BODY PUMP 50' ACTIVITY 1 20:00H	BODY PUMP 50' ACTIVITY 1 20:00H BIKE VIRTUAL 50' BIKE 20:00H CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 20:00H	BODY PUMP 50' ACTIVITY 1 20:00H	BODY PUMP 50' ACTIVITY 1 20:00H BIKE VIRTUAL 50' BIKE 20:00H CROSS TRAINING EXPRESS 25' SKILL / FUNCIONAL 20:00H			
OHARRAK / Observaciones		JAI EGUNAK: / Festivos:					