

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 25' SKILL/FUNCIONAL 7:30H	HIIT 25'	FUNCIONAL EXPRESS 25' SKILL/FUNCIONAL 7:30H	HIIT 25'			
8:15	NAT. PERFEC. 50' IGERLEKUA/piscina 8:15 H	AQUAGYM 50' IGERLEKUA/piscina 8:15H	NAT. PERFEC. 50' IGERLEKUA/piscina 8:15 H	AQUAGYM 50' IGERLEKUA/piscina 8:15H	TOTAL BODY 50' ACTIVITY 1 8:15H		
	TOTAL BODY 50' ACTIVITY 1 8:15H	ACONDICIONAMIENTO FISICO 50' ACTIVITY 1 8:15H	TOTAL BODY 50' ACTIVITY 1 8:15H	ACONDICIONAMIENTO FISICO 50' ACTIVITY 1 8:15H			
	BIKE VIRTUAL 50' BIKE 8:15H		BIKE VIRTUAL 50' BIKE 8:15H				
9:00					GAP 50' ACTIVITY 2 9:00H		
9:15	AQUAGYM 50' IGERLEKUA/piscina 9:15 H	NAT. INICIACIÓN 50' IGERLEKUA/piscina 9:15 H	AQUAGYM 50' IGERLEKUA/piscina 9:15 H	NAT. INICIACIÓN 50' IGERLEKUA/piscina 9:15 H	AQUAHIT 50' IGERLEKUA/piscina 9:15 H		
	BODY PUMP 50' ACTIVITY 1 9:15H	BIKE 50' BIKE 9:15H	BODY PUMP 50' ACTIVITY 1 9:15H	BIKE 50' BIKE 9:15H	GAP 50' ACTIVITY 1 9:15H		
	PILATES 50' ACTIVITY 3 9:15H	PILATES 50' ACTIVITY 1 9:15H	PILATES 50' ACTIVITY 3 9:15H	PILATES 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' IGERLEKUA/piscina 10:15H	AQUAGYM 50' IGERLEKUA/piscina 10:15H	AQUAGYM 50' IGERLEKUA/piscina 10:15H	AQUAGYM 50' IGERLEKUA/piscina 10:15H	AQUAGYM 50' IGERLEKUA/piscina 10:15H		
	ESPALDA SANA 50' ACTIVITY 1 10:15H	ZUMBA 50' ACTIVITY 1 10:15H	ESPALDA SANA 50' ACTIVITY 1 10:15H	ZUMBA 50' ACTIVITY 1 10:15H	ZUMBA 50' ACTIVITY 1 10:15H		
	PILATES 50' ACTIVITY 3 10:15H	PILATES 50' ACTIVITY 3 10:15H	PILATES 50' ACTIVITY 3 10:15H	PILATES 50' ACTIVITY 3 10:15H	SGA 50' ACTIVITY 3 10:15H		
	BIKE VIRTUAL 50' BIKE 10:15H	BODY PUMP 50' ACTIVITY 2 10:15H	BIKE VIRTUAL 50' BIKE 10:15H	BODY PUMP 50' ACTIVITY 2 10:15H	PILATES 50' BODY&MIND 10:15H		
	GAP 50' ACTIVITY 2 10:15H		GAP 50' ACTIVITY 2 10:15H				
10:30					PILATES 50' ACTIVITY 1 10:30H	BIKE 50' BIKE 10:30H	
11:15	AQUAGYM 65 50' IGERLEKUA/piscina 11:15H	AQUAGYM 65 50' IGERLEKUA/piscina 11:15H	AQUAGYM 65 50' IGERLEKUA/piscina 11:15H	AQUAGYM 65 50' IGERLEKUA/piscina 11:15H	AQUAGYM 65 50' IGERLEKUA/piscina 11:15H		
	PILATES 50' ACTIVITY 1 11:15H	ESPALDA SANA 50' ACTIVITY 1 11:15H	PILATES 50' ACTIVITY 1 11:15H	ESPALDA SANA 50' ACTIVITY 1 11:15H	ESPALDA SANA 50' ACTIVITY 1 11:15H		
	EN FORMA SENIOR 50' ACTIVITY 2 11:15H	BIKE VIRTUAL 50' BIKE 11:15H	EN FORMA SENIOR 50' ACTIVITY 2 11:15H	BIKE VIRTUAL 50' BIKE 11:15H			
11:30					B.COMBAT 50' ACTIVITY 1 11:30H	ESPALDA SANA 50' ACTIVITY 1 11:30H	
12:15	AQUAGYM 50' IGERLEKUA/piscina 12:15H	AQUAGYM 50' IGERLEKUA/piscina 12:15H	AQUAGYM 50' IGERLEKUA/piscina 12:15H	AQUAGYM 50' IGERLEKUA/piscina 12:15H	BIKE VIRTUAL 50' BIKE 12:15H		
	BIKE VIRTUAL 50' BIKE 12:15H		BIKE VIRTUAL 50' BIKE 12:15H				
12:30						ZUMBA 50' ACTIVITY 1 12:30H	
13:30	BODY PUMP 50' ACTIVITY 1 13:30H	TRX 50' ACTIVITY 2 13:30H	BODY PUMP 50' ACTIVITY 1 13:30H	TRX 50' ACTIVITY 2 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	AEROYOGA 50' ACTIVITY 2 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	PILATES 50' ACTIVITY 1 17:00H	ESPALDA SANA 50' ACTIVITY 3 17:00H	PILATES 50' ACTIVITY 1 17:00H	BIKE 50' BIKE 17:00H		
	BIKE VIRTUAL 50' BIKE 17:00H	TRX 50' ACTIVITY 2 17:00H	BIKE VIRTUAL 50' BIKE 17:00H	TRX 50' ACTIVITY 2 17:00H			
	ZUMBA 50' ACTIVITY 1 17:00H	ZUMBA 50' ACTIVITY 1 17:00H	ZUMBA 50' ACTIVITY 1 17:00H	ZUMBA 50' ACTIVITY 1 17:00H			
18:00	BIKE 50' BIKE 18:00H	BIKE 50' BIKE 18:00H	BIKE 50' BIKE 18:00H	BIKE 50' BIKE 18:00H	TOTAL BODY 50' ACTIVITY 1 18:00H	BIKE VIRTUAL 50' BIKE 18:00H	BIKE VIRTUAL 50' BIKE 18:00H
	TRX 50' ACTIVITY 2 18:00H	BODY BALANCE 50' ACTIVITY 3 18:00H	TRX 50' ACTIVITY 2 18:00H	BODY BALANCE 50' ACTIVITY 3 18:00H			
	PILATES 50' ACTIVITY 1 18:00H	GYM JUNIOR 50' SKILL/FUNCIONAL 18:00H	PILATES 50' ACTIVITY 1 18:00H	GYM JUNIOR 50' SKILL/FUNCIONAL 18:00H			
18:45	AQUAGYM 50' IGERLEKUA/piscina 18:45H		AQUAGYM 50' IGERLEKUA/piscina 18:45H				
19:00	NAT. INICIACIÓN 50' IGERLEKUA/piscina 18:45H						
	ENTRENAMIENTO 50' IGERLEKUA/piscina 18:45H						
	BODY BALANCE 50' ACTIVITY 3 19:00H	BODY PUMP 50' ACTIVITY 1 19:00H	BODY BALANCE 50' ACTIVITY 3 19:00H	BODY PUMP 50' ACTIVITY 1 19:00H	FUNCIONAL EXPRESS 25' SKILL/FUNCIONAL 19:00H		
	BIKE 50' BIKE 19:00H	B.COMBAT 50' ACTIVITY 2 19:00H	BIKE 50' BIKE 19:00H	B.COMBAT 50' ACTIVITY 2 19:00H			
	CROSS OUTDOOR 50' OUTDOOR 19:00H	PILATES 50' ACTIVITY 3 19:00H	CROSS OUTDOOR 50' OUTDOOR 19:00H	PILATES 50' ACTIVITY 3 19:00H			
19:15							
20:00	BODY PUMP 50' ACTIVITY 1 20:00H	BIKE VIRTUAL 50' BIKE 20:00H	BODY PUMP 50' ACTIVITY 1 20:00H	BIKE VIRTUAL 50' BIKE 20:00H			
	AEROYOGA 50' ACTIVITY 2 20:00H	YOGA 50' ACTIVITY 1 20:00H		YOGA 50' ACTIVITY 1 20:00H			
		CROSS TRAINING EXPRESS 25' SKILL/FUNCIONAL 20:00H		CROSS TRAINING EXPRESS 25' SKILL/FUNCIONAL 20:00H			
OHARRAK / Observaciones		JAI EGUNAK: / Festivos: AZAROK 1 / 1 de Noviembre					