

	astelehena		asteartea		asteazkena		osteguna		ostirala
	Aldatz	Ziburu	Aldatz	Ziburu	Aldatz	Ziburu	Aldatz	Ziburu	Aldatz
8:15		Pilates			Body Pump	Pilates			Body Pump
9:15		Pilates Terap			Gimnasia Terap	Pilates Terap			Gimnasia Terap
10:15		Body pump			Senior gimnasia	Body Pump			Senior gimnasia
17:15	BodyPump		Body Pump	Krossfit	Body Pump		kore LUZAKETAK		
18:15	Body balance		Body Pump	Pilates	Body Pump		Pilates		
19:15	kore LUZAKETAK		Body Pump	TRX			Body Pump		

pilates /kore luzketak
body balance
Bodypump

gimnasia senior gim. terapeutikoa
krossfit
trx