

ALLEGRO ARETOA SALA ALLEGRO

TEMPORADA 2023/24 DENBORALDIA

| H | Astelehena Lunes | Asteartea Martes | Asteazkena Miércoles | Osteguna Jueves | Ostirala Viernes | Larunbata Sábado | Igandea Domingo | H |
|-------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|----------------------------------|------------------|-----------------|-------|
| 7.00 | | | | | | | | 7.00 |
| 8.00 | | | | | | | | 8.00 |
| 9.00 | PILATES ALLEGRO LX 8:30-9:20 | PILATES ALLEGRO | PILATES ALLEGRO LX 8:30-9:20 | PILATES ALLEGRO | | | | 9.00 |
| 10.00 | PILATES ALLEGRO LX 9:30-10:20 | MI 9:00-9:50 PILATES ALLEGRO | PILATES ALLEGRO LX 9:30-10:20 | MI 9:00-9:50 PILATES ALLEGRO | | | | 10.00 |
| 11.00 | PILATES ALLEGRO LX 10:30-11:20 | MI 10:00-10:50 PILATES ALLEGRO | PILATES ALLEGRO LX 10:30-11:20 | MI 10:00-10:50 PILATES ALLEGRO | PILATES ALLEGRO V 10:30-11:50 | | | 11.00 |
| 12.00 | | | | | | | | 12.00 |
| 13.00 | | | | | | | | 13.00 |
| 14.00 | PILATES ALLEGRO LX 13:30-14:20 | | PILATES ALLEGRO LX 13:30-14:20 | | | | | 14.00 |
| 15.00 | PILATES ALLEGRO LX 14:30-15:20 | | PILATES ALLEGRO LX 14:30-15:20 | | | | | 15.00 |
| 16.00 | PILATES ALLEGRO LX 15:30-16:20 | PILATES ALLEGRO MJ 15:30-16:20 | PILATES ALLEGRO LX 15:30-16:20 | PILATES ALLEGRO MJ 15:30-16:20 | PILATES ALLEGRO V 15:30-16:50 | | | 16.00 |
| 17.00 | PILATES ALLEGRO LX 16:30-17:20 | PILATES ALLEGRO MJ 16:30-17:20 | PILATES ALLEGRO LX 16:30-17:20 | PILATES ALLEGRO MJ 16:30-17:20 | | | | 17.00 |
| 18.00 | PILATES ALLEGRO LX 17:30-18:20 | PILATES ALLEGRO | PILATES ALLEGRO LX 17:30-18:20 | PILATES ALLEGRO | | | | 18.00 |
| 19.00 | PILATES ALLEGRO LX 18:30-19:20 | MI 18:00-18:50 PILATES ALLEGRO | PILATES ALLEGRO LX 18:30-19:20 | MI 18:00-18:50 PILATES ALLEGRO | | | | 19.00 |
| 20.00 | PILATES ALLEGRO LX 19:30-20:20 | M 19:00-20:20 PILATES ALLEGRO | PILATES ALLEGRO LX 19:30-20:20 | J 19:00-20:20 PILATES ALLEGRO | | | | 20.00 |
| 21.00 | | PILATES ALLEGRO MJ 20:30-21:20 | | PILATES ALLEGRO MJ 20:30-21:20 | | | | 21.00 |
| H | Astelehena Lunes | Asteartea Martes | Asteazkena Miércoles | Osteguna Jueves | Ostirala Viernes | Larunbata Sábado | Igandea Domingo | H |