

## Grupos con plaza / Plazadun taldeak

### 26/27 ABDOMINALES

M-J 9H

M-J 10H

### 26/27 ANTIAGING

L-X 9:30

### 26/27 AQUAGYM

M-J 15:30H

L-X 20:15H

### 26/27 AQUAPLUS

V 15:30

### 26/27 AQUAPLUS 2DIAS

X-V 11:15H

### 26/27 CARDIOSALUDABLE

M-J 9:30H

### 26/27 DANZA & IMPROVISACION

M-J 10:30H

### 26/27 ESPALDA

L-X 19:30H

M-J 07:10H

M-J 16:30H

M-J 17:30H

M-J 19:30H

### 26/27 FELDENKRAIS

L-X 18:30H

M-J 11:30H

### 26/27 GIMNASIA 2DIAS

L-X 19:30H

M-J 19:30H

### 26/27 GIMNASIA 3DIAS

L-X-V 8H

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| <b>26/27 GIMNASIA PRE-PARTO</b> |
| V 16:45H                        |

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| <b>26/27 GIMNASIA POST-PARTO</b> |
| V 11H                            |

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| <b>26/27 INF.BALONCESTO ESC.</b> |
| L-X 17:30H                       |
| V 17:15                          |
| S 10H                            |

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| <b>26/27 INF.DEPORTE BASE</b> |
| M-J 17:30H                    |

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| <b>26/27 INF.MINI-BASKET</b> |
| M-J 18:30H                   |

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| <b>26/27 INF.MINI-FÚTBOL</b> |
| L-X 18:30H                   |

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| <b>26/27 INF.TRIATLON ESC</b> |
| M-J 17:30H                    |

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| <b>26/27 JR.BADMINTON</b> |
| L-X 16:30H                |

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| <b>26/27 JR.JUNIORBOX</b> |
| V 18:30H                  |

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| <b>26/27 JR.TRIATLON</b> |
| L-X-V 16:15H             |

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| <b>26/27 MEDITACION MINDFULNESS</b> |
| M 17H                               |
| M 18:15H                            |

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| <b>26/27 NATACION</b> |
| V 7:10H               |
| V 8H                  |
| V 9H                  |

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| V 9:45H  |
| V 13:30H |
| V 14:30H |

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| 26/27 NORDIC WALKING SALUD N1 |
| M 18:30H                      |

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| 26/27 NORDIC WALKING SPORT N2 |
| M 18:30H                      |

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| 26/27 PICKLEBALL |
| L-X 19:30H       |

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| 26/27 PILATES ALLEGRO |
| L-X 13:30H            |
| M-J 7:10              |
| M-J 11                |
| M-J 14:30             |
| M-J 20:30             |
| V 10:30H              |

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| 26/27 RELAJACION ANTIESTRES |
| V 09:30H                    |

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| 26/27 SILVER GIMNASIA |
| L-X 9H                |

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| 26/27 SILVER NORDIC WALKING |
| X 10H                       |

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| 26/27 SILVER ZUMBA GOLD |
| V 09:30H                |

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| 26/27 STRECHINGFIT |
| L-X 18:30H         |

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| 26/27 TAICHI |
| M 19:30H     |
| S 11         |

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| <b>26/27 TAICHI 2DIAS</b> |                   |
|                           | <b>L-X 17:30H</b> |

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| <b>26/27 TRIATLON MUJER 3DIAS</b> |                    |
|                                   | <b>L-X-V 9:30H</b> |

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| <b>CAMPUS NAVIDAD 28-31DIC</b> |                   |
|                                | <b>L-M-X-J 9H</b> |

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| <b>CAMPUS NAVIDAD 4-5 ENE</b> |               |
|                               | <b>L-M 9H</b> |

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| <b>CAMPUS SS 30MAR-2ABR</b> |                   |
|                             | <b>M-X-J-V 9H</b> |