

SALA 3 ARETOA (MARTE)

TEMPORADA 2026/27 DENBORALDIA

Astelehena Lunes

Asteartea Martes

Asteazkena Miércoles

Osteguna Jueves

Ostirala Viernes

Larunbata Sábado

Igandea Domingo

7.00		PILATES 7:10-8:00		PILATES 7:10-8:00		7.00
8.00						8.00
9.00		PILATES 9:00-9:50		PILATES 9:00-9:50	PILATES hiit 9:00-9:50	9.00
10.00	PILATES 9:30-10:20	PILATES 10:00-10:50	PILATES 9:30-10:20	PILATES 10:00-10:50	PILATES 10:00-10:50	10.00
11.00	PILATES 10:30-11:20	ACTIVIDAD 65+ 11:00-11:50	PILATES 10:30-11:20	ACTIVIDAD 65+ 11:00-11:50		11.00
12.00	ACTIVIDAD 65+ 11:30-12:20		ACTIVIDAD 65+ 11:30-12:20			12.00
13.00						13.00
14.00						14.00
15.00	PILATES 14:30-15:20		PILATES 14:30-15:20			15.00
16.00	PILATES 15:30-16:20		PILATES 15:30-16:20			16.00
17.00	PILATES 16:30-17:20	PILATES 17:00-17:50	PILATES hiit 16:30-17:20	PILATES 17:00-17:50	PILATES 17:00-17:50	17.00
18.00	PILATES hiit 17:30-18:20	PILATES 18:00-18:50	PILATES 17:30-18:20	PILATES 18:00-18:50		18.00
19.00	PILATES 18:30-19:20	PILATES hiit 19:00-19:50	PILATES 18:30-19:20	PILATES 19:00-19:50	PILATES hiit 18:15-19:05	19.00
20.00	PILATES 19:30-20:20	PILATES 20:00-20:50	PILATES 19:30-20:20	PILATES hiit 20:00-20:50		20.00
21.00	PILATES 20:30-21:20		PILATES 20:30-21:20			21.00