

SALA 7 ARETOA (ILARGIA)

TEMPORADA 2026/27 DENBORALDIA

Astelehena Lunes

Asteartea Martes

Asteazkena Miércoles

Osteguna Jueves

Ostirala Viernes

Larunbata Sábado

Igandea Domingo

7.00

8.00

9.00

10.00

11.00

12.00

13.00

14.00

15.00

16.00

17.00

18.00

19.00

20.00

21.00

GIMNASIA

8:00-8:50

JUMPING FITNESS

8:00-8:50

GIMNASIA

8:00-8:50

GIMNASIA

8:00-8:50

GIMNASIA 60+

9:00-9:50

GIMNASIA 60+

9:00-9:50

JUMPING FITNESS

9:00-9:50

GIMNASIA

10:00-10:50

FUERZA 60+

9:30-10:20

GIMNASIA

10:00-10:50

FUERZA 60+

9:30-10:20

GIMNASIA

10:00-10:50

DANCE

10:00-10:50 (3erS/mes)

JUMPING FITNESS

10:00-10:50

FUERZA 60+

11:00-11:50

GIMNASIA 60+

10:30-11:20

FUERZA 60+

11:00-11:50

GIMNASIA 60+

10:30-11:20

FUNCIONAL 360

11:30-12:20

DANCE

11:30-12:20

JUMPING FITNESS

12:00-12:50

GAP

15:30-16:20

GAP

15:30-16:20

GAP

16:30-17:20

FUERZA MUJER

16:30-17:20

ZUMBA

16:30-17:20

GAP

16:30-17:20

GAP

16:30-17:20

ESPALDA ACTIVA

17:30-18:20

DANCE

17:30-18:20

ZUMBA LIFT

17:30-18:20

STRETCHINGFIT

18:30-19:20

FUERZA MUJER

18:30-19:20

STRETCHINGFIT

18:30-19:20

DANCE

18:30-19:20

JUMPING FITNESS

18:30-19:20

JUMPING FITNESS

19:30-20:20

ZUMBA LIFT

19:30-20:20

GAP

20:30-21:20

GAP

20:30-21:20

ZUMBA

20:30-21:20