



JARDUERA ORDUTEGIA- HORARIO ACTIVIDADES DIRIGIDAS

IRAIA/ septiembre

	ASTELEHEN / L	ASTEARTE / M	ASTEAZKEN / X	OSTEGUN / J	OSTIRAL / V	LARUNBAT / S	IGANDE / D
8:15	BIKE VIRTUAL 45'	MANTENIMIENTO 50'	BIKE VIRTUAL 45'	MANTENIMIENTO 50'	TOTAL BODY 50'		
	BIKE 8:15H	ACTIVITY 1 8:15H	BIKE 8:15H	ACTIVITY 1 8:15H	ACTIVITY 1 8:15H		
8:30	FUNCIONAL 25'		FUNCIONAL 25'				
	SKILL / FUNCIONAL 8:30H		SKILL / FUNCIONAL 8:30H				
9:00	NAT. PERFEC. 50'	NAT. INICIACIÓN 50'	NAT. PERFEC. 50'	NAT. INICIACIÓN 50'			
	IGERILEKUA/ piscina 9:00 H	IGERILEKUA/ piscina 9:00 H	IGERILEKUA/ piscina 9:00 H	IGERILEKUA/ piscina 9:00 H			
9:15	BODY PUMP 50'	PILATES 50'	BODY PUMP 50'	PILATES 50'	BIKE 50'		
	ACTIVITY 1 9:15H	ACTIVITY 1 9:15H	ACTIVITY 1 9:15H	ACTIVITY 1 9:15H	BIKE 9:15H		
	PILATES 50'	BIKE VIRTUAL 45'	PILATES 50'	BIKE VIRTUAL 45'			
9:30		BIKE 9:15H	ACTIVITY 3 9:15H	BIKE 9:15H			
		ELASTIC 25'		ELASTIC 25'		TRX 50'	TOTAL BODY 50'
		SKILL / FUNCIONAL 9:30 H		SKILL / FUNCIONAL 9:30 H		ACTIVITY 2 9:30H	ACTIVITY 1 9:30H
10:00	AQUAGYM 50'	AQUAGYM 50'	AQUAGYM 50'	AQUAGYM 50'	AQUAGYM 50'	BIKE VIRTUAL 45'	
	IGERILEKUA/ piscina 10:00H	IGERILEKUA/ piscina 10:00H	IGERILEKUA/ piscina 10:00H	IGERILEKUA/ piscina 10:00H	IGERILEKUA/ piscina 10:00H	BIKE 10:00H	
10:15	ESPALDA SANA 50'	ZUMBA 50'	ESPALDA SANA 50'	ZUMBA 50'	ZUMBA 50'		
	ACTIVITY 1 10:15H	ACTIVITY 3 10:15H	ACTIVITY 1 10:15H	ACTIVITY 3 10:15H	ACTIVITY 1 10:15H		
	BIKE VIRTUAL 45'	BODY PUMP 50'	BIKE VIRTUAL 45'	BODY PUMP 50'	PILATES 50'		
10:30		BIKE 10:15H	BIKE 10:15H	ACTIVITY 1 10:15H	ACTIVITY 3 10:15H		
						PILATES 50'	BIKE 50'
11:00	AQUAGYM 65 50'	AQUAGYM 65 50'	AQUAGYM 65 50'	AQUAGYM 65 50'	AQUAGYM 65 50'		
	IGERILEKUA/ piscina 11:00H	IGERILEKUA/ piscina 11:00H	IGERILEKUA/ piscina 11:00H	IGERILEKUA/ piscina 11:00H	IGERILEKUA/ piscina 11:00H		
11:15	B.COMBAT 50'	BIKE VIRTUAL 45'	B.COMBAT 50'	BIKE VIRTUAL 45'			
	ACTIVITY 1 11:15	BIKE 11:15H	ACTIVITY 1 11:15	BIKE 11:15H			
		ESPALDA SANA 50'		ESPALDA SANA 50'			
11:30		ACTIVITY 1 11:15H		ACTIVITY 1 11:15H			
					ELASTIC 25'	B.COMBAT 45'	ESPALDA SANA 50'
12:00	AQUAGYM 50'		AQUAGYM 50'		SKILL / FUNCIONAL 11:30H	ACTIVITY 1 11:30H	ACTIVITY 1 11:30H
	IGERILEKUA/ piscina 12:00H		IGERILEKUA/ piscina 12:00H				
12:15	BIKE VIRTUAL 45'		BIKE VIRTUAL 45'				
	BIKE 12:15H		BIKE 12:15H		BIKE VIRTUAL 45'		
13:00							BIKE VIRTUAL 50'
							BIKE 13:00
13:30	TRX 50'	BODY PUMP 50'	TRX 50'	BODY PUMP 50'			
	ACTIVITY 2 13:30H	ACTIVITY 1 13:30H	ACTIVITY 2 13:30H	ACTIVITY 1 13:30H			
		BIKE VIRTUAL 45'		BIKE VIRTUAL 45'			
14:30		BIKE 13:30H		BIKE 13:30H			
	BIKE 50'	STRETCHING 50'	BIKE 50'	STRETCHING 50'			
15:30		ACTIVITY 3 14:30H		ACTIVITY 3 14:30H			
	PILATES 50'		PILATES 50'				
16:00		BIKE VIRTUAL 45'		BIKE VIRTUAL 45'	BIKE VIRTUAL 45'	BIKE VIRTUAL 45'	BIKE VIRTUAL 45'
		BIKE 16:00H		BIKE 16:00H	BIKE 16:00H	BIKE 16:00H	BIKE 16:00H
17:00	ZUMBA 50'	TRX 50'	ZUMBA 50'	TRX 50'			
	ACTIVITY 1 17:00H	ACTIVITY 2 17:00	ACTIVITY 1 17:00H	ACTIVITY 2 17:00			
18:00	PILATES 50'	B. BALANCE 50'	PILATES 50'	B. BALANCE 50'	TOTAL BODY 50'	BIKE VIRTUAL 45'	BIKE VIRTUAL 45'
	ACTIVITY 3 18:00H	ACTIVITY 3 18:00H	ACTIVITY 3 18:00H	ACTIVITY 3 18:00H	ACTIVITY 1 18:00H	BIKE 18:00H	BIKE 18:00H
	BIKE VIRTUAL 45'	BIKE 50'	BIKE VIRTUAL 45'	BIKE 50'			
19:00		BIKE 18:00H		BIKE 18:00H			
	TOTAL BODY 50'		TOTAL BODY 50'				
	ACTIVITY 1 18:00H		ACTIVITY 1 18:00H				
19:30	BIKE 50'	BODY PUMP 50'	BIKE 50'	BODY PUMP 50'			
	BIKE 19:00H	ACTIVITY 1 19:00H	BIKE 19:00H	ACTIVITY 1 19:00H			
20:00	NAT. INICIACIÓN 50'	AQUAGYM 50'	NAT. INICIACIÓN 50'	AQUAGYM 50'			
	IGERILEKUA/ piscina 19:00H	IGERILEKUA/ piscina 19:00H	IGERILEKUA/ piscina 19:00H	IGERILEKUA/ piscina 19:00H			
20:00	CROSS 25'		CROSS 25'				
	SKILL / FUNCIONAL 19:30H		SKILL / FUNCIONAL 19:30H				
	BODY PUMP 50'	NAT. PERFECC. 50'	BODY PUMP 50'	NAT. PERFECC. 50'			
	ACTIVITY 1 20:00H	IGERILEKUA/ piscina 20:00H	ACTIVITY 1 20:00H	IGERILEKUA/ piscina 20:00H			
20:00		PILATES 50'		PILATES 50'			
		ACTIVITY 1 20:00H		ACTIVITY 1 20:00H			
		HIT/SKILL 25'		HIT/SKILL 25'			
	SKILL / FUNCIONAL 20:00H		SKILL / FUNCIONAL 20:00H				

OHARRAK / Observaciones | IRAILAK 6 eta 9 JAI EGUNAK / 6 y 9 septiembre festivos