

KIROL PATRONATUKO IKASTAROEN ESKAINTZA 2025

| OLAIZAGAN | MINTXETAN |
|--|-------------------------------------|
| ELGOIBAR SASOIAN | SPINNING |
| AL-AZ- 9:00 (L-X) OR (V) 9:00 / 9:30 | AL-AZ 18:00 (L-X) |
| AL-AZ 16:00 (L-X) | AL-AZ 19:00 (L-X) |
| AEROBIK URETAN | K-STRETCH |
| AS-OG 10:30 (M-J) | AL 10:15 (L) |
| PILATES | AS 10:15 (M) |
| (+60) AS-OG 11:00 (M-J) | AS 18:00 (M) |
| AS-OG 16:00 (M-J) | AZ 10:15 (X) |
| AS-OG 18:00 (M-J) | AZ 15:00 (X) |
| AS-OG 19:00 (M-J) | OG 18:00 (J) |
| ZUMBA | OR 10:45 (V) |
| AL-AZ 18:45 (L-X) | ELGOIBAR SASOIAN |
| AS-OG 10:00 (M-J) | AL-AZ 9:00 (L-X) |
| DANTZA URBANOA | AL-AZ 10:00 (L-X) |
| AS- OG 17:00 (M-J) 4-8 urte | AL-AZ 11:00 (L-X) |
| AL-AZ 17:00 (L-X) 9-16 urte | AEROBIK MINTXETA |
| BODY HIIT | AL-AZ-OR 10:30 (L-X-V) |
| AL-AZ 17:50 (L-X) | ENTRENAMENDU PERTSONALIZATUA |
| AS-OG 09:00 (M-J) | AS 16:00-19:00 (M) |
| AS-OG 15:00 (M-J) | OG 16:00-18:00 (J) |
| AS-OG 20:25 (M-J) | |
| ESKALADA | |
| AL (HAURRAK) 17:00 // 18:00 // 19:00 (L) | |
| AS-OG (HAURRAK) 17:00 // 18:00 // 19:00 (M-J) | |
| AS-OG (HELDUAK) 20:00 (M-J) | |
| KICK BOXING | |
| AL-AZ 19:00 (L-X) OR 19:00 (V) | |
| KROSFIT | |
| AS-OG 19:15 (M-J) | |