

ACTIVIDADES 2017 / 2018

2017/18	LUNES				MARTES				MIÉRCOLES				JUEVES				VIERNES				
	SALA 1	SALA 2	SALA 3	GYM	SALA 1	SALA 2	SALA 3	GYM	SALA 1	SALA 2	SALA 3	GYM	SALA 1	SALA 2	SALA 3	GYM	SALA 1	SALA 2	SALA 3	GYM	
07.30-07.45		CYCLING 07.30-08.20 INAKI		LESIONES 07.30-08.20 PATXI	PILATES 07.30-08.20 MARIAN					CYCLING 07.30-08.20 INAKI			LESIONES 07.30-08.20 PATXI	PILATES 07.30-08.20 MARIAN							
08.00-08.15																					
08.15-08.30																					
08.30-08.45																					
09.00-09.15	TON & GAP 09.00-09.50 INAKI		YOGA 09.00 a 10.30 AMALIA	PILATES 09.30-10.20 MARIAN	HIPOPRESIVOS 09.00-09.50 PATXI	CYCLING 9.00-09.50 INAKI			TON & GAP 09.00-09.50 INAKI		YOGA 09.00 a 10.30 AMALIA	PILATES 09.30-10.20 MARIAN	HIPOPRESIVOS 09.00-09.50 PATXI	CYCLING 9.00-09.50 INAKI			TON & GAP 09.00-09.50 INAKI			HIPOPRESIVOS 09.00-09.50 PATXI	
09.15-09.30																					
09.30-09.45																					
10.00-10.15																					
10.15-10.30																					
10.30-10.45																					
10.45-11.00																					
11.00-11.15	AEROZUMBA 11.00-11.50 RAQUEL		ESP.SANA 10.40 - 11.30 MARIAN	GIM.INTEL. 10.30-11.20 PATXI	PILATES 10.30 - 11.20 ELY				AEROZUMBA 11.00-11.50 RAQUEL		ESP.SANA 10.40 - 11.30 MARIAN	GIM.INTEL. 10.30-11.20 PATXI	PILATES 10.30 - 11.20 ELY								
11.15-11.30																					
11.30-11.45																					
11.45-12.00																					
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13.30-13.45																					
13.45-14.00																					
14.00-14.15	ZUMBA 14.15-15.05 NICOLE	CYCLING 14.15-15.05 INIGO P.	CROSS TR. 14.15-15.05 IKER	PILATES 14.15-15.05 MARIAN	BODY T. 14.15-15.05 JONATHAN	TRIATLON 14.00-15.00 JAVIER		BOXEO 13.45-15.15 DANIEL	GIM.INTEL. 14.15-15.05 PATXI	ZUMBA 14.15-15.05 NICOLE	CYCLING 14.15-15.05 INIGO P.	CROSS TR. 14.15-15.05 IKER	PILATES 14.15-15.05 MARIAN	BODY T. 14.15-15.05 JONATHAN		BOXEO 13.45-15.15 DANIEL	GIM.INTEL. 14.15-15.05 PATXI		CYCLING 14.15-15.05 INIGO P.	CROSS TR. 14.15-15.05 IKER	
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17.00-17.15	PILATES 17.00-17.50 MARIAN																				
17.15-17.30																					
17.30-17.45																					
17.45-18.00																					
18.00-18.15	ESP.SANA 18.00-18.50 PATXI		KARATE 17.40 - 18.30 MARIA																		
18.15-18.30																					
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18.45-19.00																					
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20.45-21.00																					
21.00-21.15																					
21.15-21.30																					

SABADO		
SALA 1	SALA 2	SALA 3
BODY T. 10.30-11.50 IMANOL		
		DIVER DEPOR 18.00-20.00

DOMINGO		
SALA 1	SALA 2	SALA 3
		DIVER DEPOR 12.00-14.00