


Ira – Urr – Aza Sep – Oct - Nov	Astelehena Lunes	Asteartea Martes	Asteazkena Miércoles	Osteguna Jueves	Ostirala Viernes	Larunbata Sábado
7:45 – 8:15	Cross training	Funtzionala/ Funcional	Cross training	Funtzionala/ Funcional	Body pump	 <p>11:00 – 12:30</p> <p>MASTER CLASS</p>
9:00 – 9:30	Tonifikazio seniorra/ Tonificación senior	Hipopresiboak / Hipopresivos	Tonifikazio seniorra/ Tonificación senior	Elastic band	Tonifikazio seniorra/ Tonificación senior	
12:30-13:00	Kardio lasaia / Cardio Suave	Hiit	Kanpoko jarduera / Bizkar osasuntsua Actividad exterior / Espalda sana	Hiit	Elastic band	
14:00 –14:30	Funtzionala / Funcional	Funtzionala / Funcional	Hiit	Funtzionala/ Funcional	Funtzionala/ Funcional	
16.00 – 16:30	Hiit	Global fitness	Funtzionala/ Funcional	Global fitness	Hiit	
18:30-19:00	Elastic band	Cross training	Cross training	Body pump	Body combat	
21:30-22:00	Cross training	Body pump	Body combat	Cross training	Cross training	