

Doako saioak Getxo Kirolak-eko ikasleentzat Irailaren 19-tik 30-era (Faduran)

	ASTELEHENA	ASTEARTEA	ASTEAZKENA	OSTEGUNA	OSTIRALA
8:30-9:00	HITT	GAP	FUNTZIONALA	HITT	GAP
9:30-10:20	ELASTIC BAND+STRECH	GLOBAL	ELASTIC BAND+STRECH	GLOBAL	GLOBAL
10:30-11:20	GLOBAL	STRECHING	GLOBAL	STRECHING	PILATES
11:30-12:20	PILATES	YOGA	BIZKAR OSASUNTSUA	YOGA	
14:00-14:30	FUNTZIONALA	HIT	CORE	FUNTZIONALA	HIT
16:00-16:30	GAP	CORE	HIT	GAP	CORE
18:30-19:20	GLOBAL	BIZKAR OSASUNTSUA	GLOBAL	BIZKAR OSASUNTSUA	
19:30-20:20	PILATES	GLOBAL	PILATES	GLOBAL	
20:30-21:30	YOGA	PILATES	YOGA	PILATES	

Sesiones gratuitas para cursillistas de Getxo Kirolak

Del 19 al 30 de septiembre (Fadura)

	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
8:30-9:00	HITT	GAP	FUNCIONAL	HITT	GAP
9:30-10:20	ELASTIC BAND+STRECH	GLOBAL	ELASTIC BAND+STRECH	GLOBAL	GLOBAL
10:30-11:20	GLOBAL	STRECHING	GLOBAL	STRECHING	PILATES
11:30-12:20	PILATES	YOGA	ESPALDA SANA	YOGA	
14:00-14:30	FUNCIONAL	HIT	CORE	FUNCIONAL	HIT
16:00-16:30	GAP	CORE	HIT	GAP	CORE
18:30-19:20	GLOBAL	ESPALDA SANA	GLOBAL	ESPALDA SANA	
19:30-20:20	PILATES	GLOBAL	PILATES	GLOBAL	
20:30-21:30	YOGA	PILATES	YOGA	PILATES	