

# 2019-2020ko SAIO SOLTEEN EGITARAUA

Hileko bonoa, saio guztiak aukeran: 29 € / 3€ Saioa



Goizez	Astelehena	Artartitzena	Eguaztena	Eguena	Barikua	Zapatua	Domeka
08:15		Biking B*		Biking B*			
09:15	Biking ft*	FF*	Biking B*	FF*	Biking ft*		
09:15			Kardio-step				
10:00						Biking B*	Biking B*
10:15			Stretching				
10:30	Akua running		Akua running		ZuftbA		
11:30					Stretching		

Eguer.	Astelehena	Artartitzena	Eguaztena	Eguena	Barikua	Zapatua	Domeka
14:15	FF*	Biking B*		Biking B*			
15:15	Biking B*	G.A.P	Biking B*	FF*	Biking B*		

Biking ft\* : Biking-a monitoreagaz    Biking B\* : Biking birtuala    FF\*: Fitness funtzionala

Arrats.	Astelehena	Artartitena	Eguaztena	Eguena	Barikua	Zapatua	Domeka
17:30	ZuftbA		Power				
18:00		Biking B*		TRX Core		Biking B*	
18:30	Tono		ZuftbA	ZuftbA			
19:00	FF*		FF*				
19:15		Biking ft*	Kardio Aletak	Biking B*			
19:30		FF*		FF*			
20:15	Biking B*		Biking ft*				
20:30		FF*		FF*			
20:30		Kardiostep		Kardiostep			

Biking ft\* : Biking-a monitoreagaz    Biking B\* : Biking birtuala    FF\*: Fitness funtzionala

BIKING GELA:      Biking ft\* ,    Biking B\*

AEROBIK GELA:      ZuftbA,    Kardio-step,    G.A.P,    Stretching,    Tono,    Power

GOIKO GELA:      Fitness funtzionala ,    TRX Core

DERRIGORREZKOA



ERABILERA