

# Ordutegia 2.022-23 Horarios

## GENERAL

Inicio	Astelehena Lunes 7,3	Asteartea Martes 7	Asteazkena Miércoles 7,3	Osteguna Jueves 7	Ostirala Viernes 7	Larunbata Sábado 9
8,15		Zirkin Bike		Zirkin Bike		
9,30	ZUMBA	Zirkin Pump	Aerobic-Step	Zirkin Pump	Zirkin Bike	
10,00						ZUMBA
10,30	Ent. Suspen	Zirkin Bike	Zirkin Fit	Zirkin Bike	STRETCHING	
11,00						Zirkin Bike
13,30	Zirkin Pump	Zirkin Bike	Zirkin Pump	Zirkin Bike		
15,00	Zirkin Bike Aerobic-Step		Zirkin Bike Aerobic-Step		Ent. Suspen	
16,00	Aerobic-Step	Zirkin Fit	Aerobic-Step			
17,30					Zirkin Bike	SÁBADOS JULIO Y AGOSTO CERRADO
18,30	Zirkin Bike	Zirkin Bike	Zirkin Bike	Zirkin Bike		
18,45	G.A.P.		G.A.P.			
19,30	Zirkin Bike Aerobic-Step	Ent. Suspen	Zirkin Bike Aerobic-Step	Ent. Suspen		
20,30			ZUMBA	ZUMBA		

### ZIRKIN EMAKUMEEN GIMNASIOA

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Deseamos estar conectadas contigo

