

# Ordutegia 2.022-23 Horarios

	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	
		Pilates S.		Pilates S.		
10,00	KICKBOXING/K1. COMPETICIÓN	KICKBOXING/K1. SENIOR	KICKBOXING/K1. COMPETICIÓN	KICKBOXING/K1. SENIOR	KICKBOXING/K1. COMPETICIÓN	ZUMBA
10,30	Ent. Suspen	Zirkin Bike	Zirkin Fit	Zirkin Bike	STRETCHING	KICKBOXING/K1 JUNIOR SENIOR
			Aereo Balance		Aereo Balance	
11,00						Zirkin Bike
11,30	Aereo Balance	Aereo Balance	MMA Grappling	Aereo Balance		
12,00			Aereo Balance		Aereo Balance	
13,30	Zirkin Pump	Zirkin Bike	Zirkin Pump	Zirkin Bike		
15,00	Zirkin Bike	Aereo Balance	Zirkin Bike	Aereo Balance	Ent. Suspen	
	Aerobic-Step	Zirkin Fit	Aerobic-Step			
16,00	Aerobic-Step	Zirkin Fit	Aerobic-Step			JULIO Y AGOSTO CERRADO
16,15		Aereo Balance		Aereo Balance		
16,45	Street D G2	TXIKIBOX	Street D G2	TXIKIBOX		
17,00	Ballet G5	Ballet G4	Ballet G5	Ballet G4	Danza Contemporanea	
	Predanza		Predanza			
17,30	Street D G1	Pilates S.	Street D G1	Pilates S.	Zirkin Bike	
		KICKBOXING/K1. JUNIOR		KICKBOXING/K1. JUNIOR		
17,45					ZUMBA INFANTIL	
					SEVILLANA INFANTIL	
18,00	Ballet G1	Ballet G4	Ballet G1	Ballet G4	Danza Contemporanea	
18,30	Zirkin Bike	Zirkin Bike	Zirkin Bike	Zirkin Bike	KICKBOXING/K1. COMPETICIÓN	
	KICKBOXING/K1. COMPETICIÓN	KICKBOXING/K1. SENIOR	KICKBOXING/K1. COMPETICIÓN	KICKBOXING/K1. SENIOR		
18,45	G.A.P.		G.A.P.			
19,00	Ballet G2	Danza Contemporanea	Ballet G2	Danza Contemporanea	SALSA SEVILLANAS	
					Danza Contemporanea	
19,30	Zirkin Bike	Ent. Suspen	Zirkin Bike	Ent. Suspen		
	Aerobic-Step		Aerobic-Step			
19,45		KICKBOXING/K1. COMPETICIÓN		KICKBOXING/K1. COMPETICIÓN		
20,00	Danza Contemporanea	Danza Contemporanea	BOXEO	Danza Contemporanea	BOXEO SALSA	
	BOXEO					
20,30	Pilates S.		ZUMBA Pilates S.	ZUMBA		

