

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		
9,00	KICKBOXING/K1. COMPETICIÓN		Aereo Balance KICKBOXING/K1. COMPETICIÓN		KICKBOXING/K1. COMPETICIÓN	
9,30	ZUMBA	Zirkin Pump Pilates S.	Aerobic-Step	Zirkin Pump Pilates S.	Zirkin Bike	
10,00		KICKBOXING/K1. SENIOR		KICKBOXING/K1. SENIOR		ZUMBA
10,30	Ent. Suspen BJJ BRAZILIAN JIU-JITSU	Zirkin Bike	Zirkin Fit Aereo Balance BJJ BRAZILIAN JIU-JITSU	Zirkin Bike	STRETCHING Aereo Balance	KICKBOXING/K1 JUNIOR SENIOR
11,00						Zirkin Bike
11,30	Aereo Balance	Aereo Balance KRAV MAGA DEFENSA PERSONAL		Aereo Balance KRAV MAGA DEFENSA PERSONAL		
12,00			Aereo Balance		Aereo Balance	
13,00	KICKBOXING/K1. COMPETICIÓN		KICKBOXING/K1. COMPETICIÓN		KICKBOXING/K1. COMPETICIÓN	
13,30	Zirkin Pump	Zirkin Bike	Zirkin Pump	Zirkin Bike		
14,30		Aereo Balance		Aereo Balance		
15,00	Zirkin Bike Aerobic-Step		Zirkin Bike Aerobic-Step		Ent. Suspen	
16,00	Aerobic-Step	Zirkin Fit Aereo Balance	Aerobic-Step			JULIO Y AGOSTO CERRADO
16,45	Street D G2	TXIKIBOX	Street D G2	TXIKIBOX		
17,00	Ballet G5 Predanza	Ballet G4	Ballet G5 Predanza	Ballet G4	Danza Contemporanea	
17,30	Street D G1	Pilates S. KICKBOXING/K1. JUNIOR	Street D G1	Pilates S. KICKBOXING/K1. JUNIOR	Zirkin Bike	
17,45					ZUMBA INFANTIL SEVILLANA INFANTIL	
18,00	Ballet G1	Ballet G4	Ballet G1	Ballet G4	Danza Contemporanea	
18,30	Zirkin Bike KRAV MAGA DEFENSA PERSONAL	Zirkin Bike KICKBOXING/K1. SENIOR	Zirkin Bike KRAV MAGA DEFENSA PERSONAL	Zirkin Bike KICKBOXING/K1. SENIOR	KICKBOXING/K1. COMPETICIÓN	
18,45	G.A.P.		G.A.P.			
19,00	Ballet G2	Danza Contemporanea		Danza Contemporanea	SALSA SEVILLANAS Danza Contemporanea	
19,30	Zirkin Bike Aerobic-Step	Ent. Suspen	Zirkin Bike Aerobic-Step	Ent. Suspen		
19,45		KICKBOXING/K1. COMPETICIÓN		KICKBOXING/K1. COMPETICIÓN		
20,00	Danza Contemporanea BOXEO	Danza Contemporanea	BOXEO		BOXEO SALSA	
20,30	Pilates S.		ZUMBA Pilates S.	ZUMBA		

