HORARIOS | ORDUTEGIAK

2.026–27

ZIRKIN EMAKUMEEN GIMNASIOA

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1994–2026
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AÑOS / URTE

	LUNES ASTELEHENA	MARTES ASTEARTEA	MIÉRCOLES ASTEAZKENA	JUEVES OSTEGUNA	VIERNES OSTIRALA	SÁBADO LARUNBATA	
07:00							07:00
07:15	ZIRKIN BIKE		ZIRKIN BIKE				07:30
08:15		ZIRKIN BIKE		ZIRKIN BIKE			08:15
09:30	ZUMBA	BODYPUMP PILATES S.	AEROBIC-STEP	BODYPUMP PILATES S.	ZIRKIN BIKE		09:30
10:00						ZUMBA	10:00
10:30	ENT. SUSPEN.	BODYBALANCE	ZIRKIN FIT	BODYBALANCE	STRETCHING		10:30
11:00						ZIRKIN BIKE	11:00
13:30	BODYPUMP	ZIRKIN BIKE	BODYPUMP	ZIRKIN BIKE			13:30
15:00	ZIRKIN BIKE	ENT. SUSPEN.	ZIRKIN BIKE	BODYCOMBAT	BODYPUMP		15:00
15:30	AEROBIC-STEP		AEROBIC-STEP			SÁBADOS JULIO Y AGOSTO CERRADO	15:30
16:00		ZIRKIN FIT		ZIRKIN FIT			
16:30	G.A.P.		G.A.P.				
17:30	ZIRKIN FIT	barre PILATES S.		PILATES S.	ZIRKIN BIKE		17:30
18:00			BODYBALANCE	barre	BODYCOMBAT		18:00
18:30		ENT. SUSPEN.					18:30
18:30	ZIRKIN BIKE	ZIRKIN BIKE BODYPUMP	ZIRKIN BIKE	ZIRKIN BIKE LesMills BODYPUMP HEAVY			18:30
19:00	G.A.P.		G.A.P.		BODYBALANCE		19:00
19:30		LesMills tone		BODYPUMP			19:30
19:30	AEROBIC-STEP	ENT. SUSPEN.	BODYCOMBAT	ENT. SUSPEN.			19:30
19:30	ZIRKIN BIKE	ZIRKIN BIKE	ZIRKIN BIKE				19:30
20:30	PILATES S.	BODYBALANCE	ZUMBA PILATES S.				20:30
20,00	COMMERCIAL DANCE 20,00						

638 922 665
Zirkingimnasioa
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Zurekin harremanetan egon nahi dugu

App: **Zirkin Gimnasioa**

Deseamos estar conectadas contigo