



2016-2017 KIROL ESKAINTZA

| | ASTELEHENA | ASTEARTEA | ASTEAZKENA | OSTEGUNA | OSTIRALA |
|-------|--------------|-----------------------|--------------------------|--------------|---------------------------|
| 9:00 | ZUMBA | | ZUMBA | | |
| 9:30 | | YOGA | | YOGA | |
| 10:00 | PILATES | | PILATES | | 80+ |
| 10:30 | | | | | |
| 11:00 | 60+ | PILATES | 60+ | PILATES | |
| 11:30 | | | | | |
| 12:00 | | | | | |
| 14:00 | | | | | |
| 14:30 | KARDIO-ZUMBA | KARDIO-ZUMBA | KARDIO-ZUMBA | KARDIO-ZUMBA | KARDIO-ZUMBA |
| 15:00 | | | | | |
| 15:30 | | | | | |
| 16:00 | | | DANZA MOD. 5,6,7 URTE | | DANZA MOD. 8,9,10 URTE |
| 16:30 | | | | | |
| 17:00 | | | | | |
| 17:30 | PILATES | YOGA | PILATES | YOGA | |
| 18:00 | | | | | |
| 18:30 | ZUMBA | | ZUMBA | | |
| 19:00 | | DANZA MOD. 13 URTE | | | |
| 19:30 | PILATES | | PILATES | | |
| 20:00 | | | | | |
| 20:30 | | KARDIO-ZUMBA | | KARDIO-ZUMBA | |
| 21:00 | | | | | |
| 21:30 | | | | | |

Orain arteko monitoreak / *Monitores habituales*

| | | | |
|----------------------------------|---------|--------|---------------|
| Trinidad Espinosa | DANZA | KARDIO | Tlf:673104327 |
| M ^a Angeles Aranguren | | YOGA | Tlf:617520402 |
| Pilar Noriega | PILATES | ZUMBA | Tlf:655708694 |

Zerki Kirol zerbitzuak / *Servicios Deportivos Zerki*

| | | | | | |
|-------|---------|------|------|------|----------------|
| ZUMBA | PILATES | YOGA | 60 + | 80 + | Tlf: 943109197 |
|-------|---------|------|------|------|----------------|

60+ : 60 urtetik gorakoentzat gimnasia / *gimnasia para mayores de 60 años*

80+ : 80 urtetik gorakoentzat gimnasia / *gimnasia para mayores de 80 años*

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