SALA TANIS ARETOA
TEMPORADA 2018-19 DENBORALDIA

h	ASTELEHENA / LUNES	ASTEARTEA / MARTES	ASTEAZK / MIERCOLES	OSTEGUNA / JUEVES	OSTIRALA / VIERNES	LARUNBATA / SABADO	IGANDEA / DOMINGO	h
7.00				BODYPUMP J 7'10-8'00				7.00
8.00								8.00
9.00	CXWORX L 9'30-10'00	ABDOMINALES + ESTIR. MJ 9'00-9'50	CXWORX X 9'30-10'00	ABDOMINALES + ESTIR. MJ 9'00-9'50		BODYPUMP S 9'30-10'20		9.00
10.00	BODYPUMP L 10'00-10'50	ABDOMINALES + ESTIR. MJ 10'00-10'50	BODYBALANCE X 10'00-10'50	ABDOMINALES + ESTIR. MJ 10'00-10'50				10.00
11.00	FORMACION TSAFAD URKIDE 11'00-12'00				FORMACION TSAFAD URKIDE 11'00-12'00		BODYPUMP D 11'00-11'50	11.00
12.00								12.00
13.00								13.00
14.00				BODYPUMP J 14'00-14'50				14.00
15.00								15.00
16.00								16.00
17.00							JUEGOS EN EL ESTADIO D 17'00-19'00 21/OCT '18 - 26/MAY '19	17.00
18.00	BODYBALANCE L 18'00-18'50	BODYSTEP M 18'00-18'50		CXWORX J 18'00-18'30				18.00
19.00	BODYSTEP L 19'00-19'50	CXWORX M 19'00-19'30	BODYPUMP X 18'30-19'20	BODYSTEP J 18'30-19'20	BODYPUMP V 19'00-19'50			19.00
20.00	CXWORX L 20'00-20'30	BODYBALANCE M 19'30-20'20	CXWORX X 19'30-20'00	BODYPUMP J 19'30-20'20				20.00
21.00	BODYPUMP L 20'30-21'20	BODYPUMP M 20'30-21'20	BODYBALANCE X 20'00-20'50					21.00
h	21.30	21.30	21.30	21.30	21.30	21.30	21.30	h