

| ORDUTEGIA | ASTELEHENA              | ASTEARTEA               | ASTEAZKENA              | OSTEGUNA                | OSTIRALA            |
|-----------|-------------------------|-------------------------|-------------------------|-------------------------|---------------------|
| 9:00      |                         | Mantenimenduko gimnasia |                         | Mantenimenduko gimnasia |                     |
| 9:30      |                         |                         |                         |                         |                     |
| 10:00     |                         |                         |                         | 3. adineko gimnasia     |                     |
| 10:30     |                         |                         |                         |                         |                     |
| 11:00     |                         |                         |                         |                         |                     |
| 11:30     |                         |                         |                         |                         |                     |
| 12:00     |                         |                         |                         |                         |                     |
| 12:30     |                         |                         |                         |                         | 3. adineko gimnasia |
| 13:00     |                         |                         |                         |                         |                     |
| 13:30     |                         |                         |                         |                         |                     |
|           |                         |                         |                         |                         |                     |
| 17:00     | 3. adineko gimnasia     | 3. adineko gimnasia     | Taekwondo               | Gimnasia de 3º edad     |                     |
| 17:30     |                         |                         |                         |                         |                     |
| 18:00     |                         |                         |                         |                         |                     |
| 18:30     |                         | Yoga                    |                         | Yoga                    |                     |
| 19:00     |                         |                         |                         |                         |                     |
| 19:30     | Mantenimenduko gimnasia |                         | Mantenimenduko gimnasia |                         |                     |
| 20:00     |                         |                         |                         |                         |                     |
| 20:30     |                         | kardiobox               |                         | kardiobox               |                     |
| 21:00     |                         |                         |                         |                         |                     |
| 21:30     |                         |                         |                         |                         |                     |