

ARETO BIZIKLETA BIRTUALA / Bici Indoor Virtual

	Astelehena	Asteartea	Asteazkena	Osteguna	Ostirala	Larunbata	Igandea				
8:00											
8:15	8:15 - 9:00 (Fat Burn)	8:15 - 9:15 (Cardio)	8:15 - 9:00 (Sports)	8:15 - 9:15 (Interval)	8:15 - 9:00 (Interval)						
8:30											
8:45											
9:00						* 9:00 - 10:00 (Cardio)	*** 9:30 - 10:30 (Sports)	* 9:00 - 10:00 (Interval)	*** 9:30 - 10:30 (Sports)	* 9:00 - 10:00 (Cardio)	
9:15											
9:30											
9:45											
10:00						9:30 - 10:30 (Fat Burn)	9:30 - 10:30 (Cardio)				
10:15	10:15 - 11:00 (Sports)	10:15 - 11:15 (Fat Burn)	10:45 - 11:30 (Interval)	10:45 - 11:30 (Sports)							
10:30											
10:45											
11:00											
11:15	11:15 - 12:00 (Interval)	11:45 - 12:45 (Fat Burn)	11:30 - 12:30 (Cardio)	11:45 - 12:45 (Cardio)	11:30 - 12:30 (Interval)						
11:30											
11:45											
12:00											
12:15	12:15 - 13:00 (Fat Burn)	13:00 - 13:45 (Cardio)	12:45 - 13:45 (Sports)	13:00 - 13:45 (Interval)	12:45 - 13:45 (Fat Burn)						
12:30											
12:45											
13:00											
13:15	13:15 - 14:15 (Cardio)	14:00 - 14:45 (Sports)	14:00 - 15:00 (Interval)	14:00 - 14:45 (Sports)	14:00 - 14:45 (Cardio)						
13:30											
13:45											
14:00											
14:15	14:30 - 15:30 (Sports)	15:00 - 16:00 (Fat Burn)	15:15 - 16:15 (Sports)	15:00 - 16:00 (Cardio)	15:15 - 16:00 (Sports)						
14:30											
14:45											
15:00											
15:15	15:45 - 16:30 (Interval)	16:15 - 17:00 (Cardio)	16:45 - 17:30 (Fat Burn)	16:15 - 17:00 (Interval)	16:15 - 17:00 (Fat Burn)						
15:30											
15:45											
16:00											
16:15						16:15 - 17:00 (Sports)	16:15 - 17:00 (Fat Burn)				
16:30											
16:45											
17:00											
17:15	17:15 - 18:00 (Sports)	17:15 - 18:00 (Sports)	17:45 - 18:30 (Interval)	17:45 - 18:30 (Interval)	17:15 - 18:15 (Cardio)						
17:30											
17:45											
18:00											
18:15	17:45 - 18:30 (Cardio)	17:15 - 18:00 (Sports)	17:45 - 18:30 (Interval)	*** 18:15 - 19:15 (Sports)	18:30 - 19:30 (Interval)						
18:30											
18:45											
19:00											
19:15	ARETO BIZIKLETA	ATZEGI	ARETO BIZIKLETA	ARETO BIZIKLETA	ARETO BIZIKLETA						
19:30											
19:45											
20:00											
20:15	19:45 - 20:45 (Sports)	ARETO BIZIKLETA	19:45 - 20:45 (Interval)	ARETO BIZIKLETA	19:45 - 20:45 (Sports)						
20:30											
20:45											

*** Hileko azkenengo astean Mutifitness klaseak emango dira / La última semana del mes se impartirán clases de Multifitness.

* Hiru astetik behin Mantentze gimnasiako klaseak emango dira / Una vez cada tres semanas se impartirán clases de Gimnasia de mantenimiento.