

**JARDUERAK. Abonatuena eta ikastaroen informazioa / ACTIVIDADES. Información sobre abonad@s y cursos.**

|                                              | OTSAILA<br>FEBRERO |                       | URTARRILA<br>ENERO |                       | OTSAILA<br>FEBRERO |                       |
|----------------------------------------------|--------------------|-----------------------|--------------------|-----------------------|--------------------|-----------------------|
|                                              | 2024               |                       | 2025               |                       | 2025               |                       |
|                                              | Taldeak<br>Grupos  | Pertsonak<br>Personas | Taldeak<br>Grupos  | Pertsonak<br>Personas | Taldeak<br>Grupos  | Pertsonak<br>Personas |
| Lehorrezkoak / Tierra                        | 44                 | 779                   | 62                 | 1101                  | 62                 | 1143                  |
| Uretakoak / Agua                             | 86                 | 869                   | 87                 | 842                   | 87                 | 834                   |
| Jarduera Gidatuak /<br>Actividades dirigidas | <b>134</b>         | <b>1648</b>           | <b>149</b>         | <b>1943</b>           | <b>149</b>         | <b>1977</b>           |
| Sala Fitness aretoa                          |                    | 1598                  |                    | 1701                  |                    | 1890                  |
| Rokodromoa                                   |                    | 979                   |                    | 1136                  |                    | 1173                  |
| Multijarduera                                |                    | 253                   |                    | 333                   |                    | 360                   |
| Ab. Banakoa / Individual                     |                    | 623                   |                    | 542                   |                    | 613                   |
| Ab. Familiarra / familiar                    |                    | 775                   |                    | 751                   |                    | 793                   |
| Onuradunak Ab. /<br>Beneficiarios Abono      |                    | 2169                  |                    | 1952                  |                    | 2131                  |
| Abonatuak >65 /<br>Abonados>65               |                    | 178                   |                    | 176                   |                    | 183                   |
| <b>ABONATUAK / ABONADOS</b>                  |                    | <b>3745</b>           |                    | <b>3421</b>           |                    | <b>3720</b>           |
| Federatuak / Federados                       |                    | 2210                  |                    | 3115                  |                    | 3115                  |
| Eskolak / Escuelas                           |                    | 255                   |                    | 255                   |                    | 255                   |
| 3. adina / 3ª edad (gimnasia)                |                    | 75                    |                    | 75                    |                    | 75                    |
| <b>GUZTIRA / TOTAL</b>                       |                    | <b>10763</b>          |                    | <b>11979</b>          |                    | <b>12565</b>          |

Orokorrean zerbitzuak maila berean jarraitzen dute. Igerileku abonatuak igotzen doaz, orain abonatu kanpaina erdian gaude.

**Zerbitzu Hobekuntzak-Athlon koop**

Martxorako Athlon koop.-ek martxotik aurrerako zerbitzuak hobetzeko proposamenak egin ditu. Alde batetik zenbait jardueratako kupoak igotzea eta bestetik ordutegi berri bat sortu eta beste bat moldatzea. Kupoak jarduera hauetan moldatzea proposatu du.

- Bodyweight-en, kupoa 15etik 22ra (Materiala erostea eskatzen du)
- Gap-en, kupoa 25etik 30era igotzea.
- Spinbike-en, kupoa 30etik 35era pasatzea (bizikleta gehiago igoko dira)
- TXR-en, ordutegi guztietan 25eko kupoa jartzea.

## Ordutegi berriak:

- Global fitness-en ez dute kupoa igotzeko aukerarik ikusten eta ordutegi berri bat sortzea proposatzen du: Astelehen eta asteazkenetan 18:00-19:00 ordutegian.
- Gazte-fit jarduerak oso izenemate gutxi ditu (2). Jarduera hori strong zunba bihurtzea proposatzen du, izenematea eta partaidetza handitzeko asmoz.

Proposamen hauek onartu eta martxan jarri ditugu.

**Datorren denboraldirako ekintza nagusiak / Acciones más relevantes para el próximo periodo.**

 Urtarrilak 25; Otsailak 22; Martxoa 22 eta Apirilak 5  
LIGA ESCOLAR DE SALVAMENTO Y SOCORRISMO

SOS RESCUE CLUB  
(Landako igerilekuetan)

| Otsaila 2025                    |        |        |               |       |       |       | IZENEMANDA | ASISTENTZIA |
|---------------------------------|--------|--------|---------------|-------|-------|-------|------------|-------------|
| DESCRIPCIÓN                     | SALA   | DIAS   | HORARIO       | OMESA | MULTI | KUPOA | OTS25i     | OTS25a      |
| BODY-WEIGHT                     | A      | L-X    | 10:00 - 11:00 | 25    | 10    | 35    | 18         | 18          |
| BODY-WEIGHT normal              | A      | L-X    | 19:00 - 20:00 | 30    | 5     | 35    | 30         | 27          |
| BODY-WEIGHT                     | A      | M-J    | 17:00 - 18:00 | 30    | 5     | 35    | 30         | 30          |
| BODY-WEIGHT Multi               | B      | L-X    | 19:00 - 20:00 |       | 15    | 15    |            | 15          |
| BODY-WEIGHT                     | B      | M-J    | 20:00 - 21:00 | 15    | 0     | 15    | 15         | 17          |
| BODY-WEIGHT                     | B      | L-X    | 18:00-19:00   | 10    | 5     | 15    |            |             |
| 17 plaza daude                  |        |        |               |       |       |       | 93         |             |
| DESCRIPCIÓN                     | SALA   | DIAS   | HORARIO       | OMESA | MULTI | KUPOA | OTS25i     | OTS25a      |
| GAP                             | A      | L-X    | 15:00 - 16:00 | 20    | 10    | 30    | 12         | 13          |
| GAP                             | A      | L-X    | 20:00-21:00   | 25    | 5     | 30    | 20         | 22          |
| GAP                             | A      | M-J    | 20:00-21:00   | 25    | 5     | 30    | 20         | 15          |
| 18 plaza daude                  |        |        |               |       |       |       | 52         |             |
| DESCRIPCIÓN                     | SALA   | DIAS   | HORARIO       | OMESA | MULTI | KUPOA | OTS25i     | OTS25a      |
| GIMNASIA ORO                    | BARRIO | L-X    | 10:00 - 11:00 | 30    |       | 30    | 32         | 30          |
| GIMNASIA ORO                    | A      | L-X    | 11:00 - 12:00 | 30    |       | 30    | 30         | 30          |
| GIMNASIA ORO                    | A      | M-J    | 11:00 - 12:00 | 30    |       | 30    | 30         | 30          |
| GIMNASIA ORO                    | BARRIO | V      | 10:00 - 11:00 | 30    |       | 30    | 29         | 23          |
| GIMNASIA PLATINO                | A      | M-J    | 10:00 - 11:00 | 30    |       | 30    | 30         | 30          |
| plaza daude                     |        |        |               |       |       |       | 151        |             |
| DESCRIPCIÓN                     | SALA   | DIAS   | HORARIO       | OMESA | MULTI | KUPOA | OTS25i     | OTS25a      |
| GLOBAL FITNESS                  | A      | L-X    | 09:00 - 10:00 | 20    | 10    | 30    | 17         | 25          |
| GLOBAL FITNESS                  | A      | L-X    | 18:00 - 19:00 | 25    | 5     | 30    | 20         | 23          |
| GLOBAL FITNESS                  | A      | M-J    | 09:00 - 10:00 | 20    | 10    | 30    | 16         | 25          |
| GLOBAL FITNESS                  | A      | V      | 09:00 - 10:00 | 20    | 10    | 30    | 8          | 15          |
| M-J 18.00-19.00 20 10 30        |        |        |               |       |       |       |            |             |
| 44 plaza daude                  |        |        |               |       |       |       | 61         |             |
| DESCRIPCIÓN                     | SALA   | DIAS   | HORARIO       | OMESA | MULTI | KUPOA | OTS25i     | OTS25a      |
| HASIERAKO PILATES INIC          | D      | L      | 11:00 - 12:00 | 17    | 5     | 22    | 13         | 18          |
| HASIERAKO PILATES INIC          | D      | L-X    | 17:00 - 18:00 | 17    | 5     | 22    | 17         | 22          |
| HASIERAKO PILATES INIC          | D      | M-J    | 11:00 - 12:00 | 17    | 5     | 22    | 17         | 18          |
| HASIERAKO PILATES INIC          | D      | X-V    | 11:00 - 12:00 | 17    | 5     | 22    | 17         | 18          |
| 4 plaza daude                   |        |        |               |       |       |       | 64         |             |
| DESCRIPCIÓN                     | SALA   | DIAS   | HORARIO       | OMESA | MULTI | KUPOA | OTS25i     | OTS25a      |
| HIOPRESIBOAK-PILATES            | B      | L-X    | 20:00 - 21:00 | 17    | 5     | 22    | 16         | 10          |
| HIOPRESIBOAK-PILATES            | D      | M-J    | 09:00 - 10:00 | 17    | 5     | 22    | 16         | 16          |
| HIOPRESIBOAK-PILATES            | D      | M-J    | 10:00 - 11:00 | 17    | 5     | 22    | 17         | 18          |
| HIOPRESIBOAK-PILATES            | D      | M-J    | 17:30 - 18:30 | 17    | 5     | 22    | 17         | 22          |
| HIOPRESIBOAK-PILATES            | D      | M-J    | 18:30 - 19:30 | 17    | 5     | 22    | 17         | 16          |
| 2 plaza daude                   |        |        |               |       |       |       | 83         |             |
| DESCRIPCIÓN                     | SALA   | DIAS   | HORARIO       | OMESA | MULTI | KUPOA | OTS25i     | OTS25a      |
| LATINOS / ESTANDAR/CA           | A      | V LAND | 18:00-19:30   | 22    | 10    | 32    | 10         |             |
| LATINOS / ESTANDAR/CA           | A      | V LAND | 19:30-21:00   | 22    | 10    | 32    | 9          |             |
| 25 plaza daude                  |        |        |               |       |       |       | 19         |             |
| DESCRIPCIÓN                     | SALA   | DIAS   | HORARIO       | OMESA | MULTI | KUPOA | OTS25i     | OTS25a      |
| PADEL 10 - 15 URTE              |        | X      | 16:30 - 17:30 | 10    | -     |       | 10         |             |
| PADEL 10 - 15 URTE HASIERA/INIC | L-X    |        | 17:30 - 18:30 | 10    | -     |       | 10         |             |
| PADEL 10 - 15 URTE HASIERA/INIC | M-J    |        | 17:30 - 18:30 | 10    | -     |       | 10         |             |
| PADEL HASIERA/INICIACIÓN        | L-X    |        | 18:30 - 19:30 | 8     | -     |       | 8          |             |
| PADEL HASIERA/INICIACIÓN        | L-X    |        | 19:30 - 20:30 | 8     | -     |       | 8          |             |
| PADEL HASIERA/INICIACIÓN        | L-X    |        | 20:30 - 21:30 | 8     | -     |       | 8          |             |
| PADEL HASIERA/INICIACIÓN        | M      |        | 10:00 - 12:00 | 8     | -     |       | 8          |             |
| PADEL HASIERA/INICIACIÓN        | M-J    |        | 18:30 - 19:30 | 8     | -     |       | 8          |             |

|                          |      |          |               |               |       |       |        |        |  |
|--------------------------|------|----------|---------------|---------------|-------|-------|--------|--------|--|
| PADEL HASIERA/INICIACIÓN |      |          | M-J           | 19:30 - 20:30 | 8     | -     |        | 8      |  |
| PADEL HASIERA/INICIACIÓN |      |          | M-J           | 20:30 - 21:30 | 8     | -     |        | 8      |  |
| 0 plaza daude            |      |          |               |               |       |       |        | 86     |  |
| DESCRIPCIÓN              | SALA | DIAS     | HORARIO       | OMESA         | MULTI | KUPOA | OTS25i | OTS25a |  |
| PILATES HOBEKUNTZA/P     | D    | L-X      | 14:00 - 15:00 | 10            | 5     | 15    | 2      | 6      |  |
| PILATES HOBEKUNTZA/P     | D    | L-X      | 18:00 - 19:00 | 10            | 5     | 15    | 8      | 12     |  |
| 10 plaza daude           |      |          |               |               |       |       |        |        |  |
| DESCRIPCIÓN              | SALA | DIAS     | HORARIO       | OMESA         |       | KUPOA | OTS25i | OTS25a |  |
| SPINBIKE 5 EGUN/DIAS     |      | L-S      |               | 500           |       | 500   | 139    |        |  |
| SPINBIKE 9 EGUN/DIAS     |      | L-S      |               | 500           |       | 500   | 90     |        |  |
| SPINBIKE                 | H    | Larunba  | 10:30-11:15   |               | 35    | 35    | -      | 28     |  |
| SPINBIKE                 | H    | Ar-Og    | 13:30-14:15   |               | 35    | 35    | -      | 7      |  |
| SPINBIKE                 | H    | Al-Az    | 17:30-18:15   |               | 35    | 35    | -      | 30     |  |
| SPINBIKE                 | H    | Ostegun  | 17:30-18:15   |               | 35    | 35    | -      | 30     |  |
| SPINBIKE                 | H    | Ostirala | 18:00-18:45   |               | 35    | 35    | -      | 29     |  |
| SPINBIKE                 | H    | Al-Az    | 18:30-19:15   |               | 35    | 35    | -      | 30     |  |
| SPINBIKE                 | H    | Ar-Og    | 18:30-19:30   |               | 35    | 35    | -      | 30     |  |
| SPINBIKE                 | H    | Al-Az    | 19:30-20:15   |               | 35    | 35    | -      | 17     |  |
| SPINBIKE                 | H    | Ar-Og    | 19:30-20:30   |               | 35    | 35    | -      | 30     |  |
| SPINBIKE                 | H    | Asteazk  | 20:30-21:15   |               | 35    | 35    | -      | 10     |  |
| SPINBIKE                 | H    | Al-Az    | 7:30-8:15     |               | 35    | 35    | -      | 12     |  |
| SPINBIKE                 | H    | Al-Az    | 9:30-10:15    |               | 35    | 35    | -      | 25     |  |
| SPINBIKE                 | H    | Ar-Og    | 9:30-10:15    |               | 35    | 35    | -      | 26     |  |
| SPINBIKE                 | H    | Ostirala | 9:30-10:15    |               | 35    | 35    | -      | 22     |  |
| DESCRIPCIÓN              | SALA | DIAS     | HORARIO       | OMESA         | MULTI | KUPOA | OTS25i | OTS25a |  |
| STRETCHING               | B    | M-J      | 10:30-11:30   | 20            | 5     | 25    | 16     | 19     |  |
| STRETCHING               | B    | M-J      | 13:30-14:30   | 20            | 5     | 25    | 7      | 8      |  |
| STRETCHING               | D    | V        | 09:30-10:30   | 17            | 5     | 22    | 17     | 18     |  |
| 17 plaza daude           |      |          |               |               |       |       |        |        |  |
| DESCRIPCIÓN              | SALA | DIAS     | HORARIO       | OMESA         | MULTI | KUPOA | OTS25i | OTS25a |  |
| TXR                      | B    | L-X      | 10:30 - 11:30 | 10            | 15    | 25    | 6      | 15     |  |
| TXR                      | B    | L-X      | 13:30 - 14:30 | 13            | 12    | 25    | 10     | 15     |  |
| TXR                      | B    | L-X      | 17:00 - 18:00 | 20            | 5     | 25    | 16     | 16     |  |
| TXR                      | B    | M-J      | 14:30 - 15:30 | 20            | 5     | 25    | 8      | 9      |  |
| TXR                      | B    | M-J      | 18:00 - 19:00 | 20            | 5     | 25    | 20     | 18     |  |
| 23 plaza daude           |      |          |               |               |       |       |        |        |  |
| DESCRIPCIÓN              | SALA | DIAS     | HORARIO       | OMESA         | MULTI | KUPOA | OTS25i | OTS25a |  |
| YOGA JL                  | D    | L-X      | 09:00 - 10:30 | 20            | 2     | 22    | 20     | 18     |  |
| YOGA JL                  | D    | L-X      | 19:00 - 20:30 | 18            | 4     | 22    | 18     | 17     |  |
| YOGA JL                  | D    | M-J      | 20:00 - 21:30 | 18            | 4     | 22    | 18     | 17     |  |
| YOGA LP                  | D    | L-X      | 20:30 - 22:00 | 18            | 4     | 22    | 6      | 6      |  |
| 12 plaza daude           |      |          |               |               |       |       |        |        |  |
| DESCRIPCIÓN              | SALA | DIAS     | HORARIO       | OMESA         | MULTI | KUPOA | OTS25i | OTS25a |  |
| ZUNBA                    | A    | M-J      | 18:00 - 19:00 | 25            | 5     | 30    | 21     | 25     |  |
| ZUNBA                    | A    | M-J      | 19:00 - 20:00 | 25            | 5     | 30    | 18     | 16     |  |
| ZUNBA                    | A    | S        | 10:30 - 11:30 | 25            | 5     | 30    | 20     | 24     |  |
| ZUNBA                    | A    | S        | 11:30 - 12:30 | 25            | 5     | 30    | 20     | 20     |  |
| ZUNBA                    | B    | V        | 10:30 - 11:30 | 15            | 10    | 25    | 13     | 15     |  |
| ZUNBA                    | B    | L-X      | 09:30 - 10:30 | 15            | 10    | 25    | 2      | 8      |  |
| ZUNBA                    | A    | L-X      | 17:00 - 18:00 | 20            | 10    | 30    | 14     | 20     |  |
| STRONG ZUNBA             | B    | M-J      | 09:30 - 10:30 | 10            | 15    | 25    | 2      | 6      |  |
| 50 plaza daude           |      |          |               |               |       |       |        |        |  |