

# ACTIVITATS CASINO D'ARGENTONA 2025/26

| DILLUNS          |                                     | DIMARTS          |                                        | DIMECES          |                                     | DIJOUS           |                                     | DIVENDRES        |                             |
|------------------|-------------------------------------|------------------|----------------------------------------|------------------|-------------------------------------|------------------|-------------------------------------|------------------|-----------------------------|
| 10:00h<br>11:00h | PILATES<br><i>Sala Bernat</i>       |                  |                                        | 10:00h<br>11:00h | PILATES<br><i>Sala Bernat</i>       |                  |                                     | 14:05h<br>14:55h | FITBOXING<br><i>Sala Up</i> |
| 15:05h<br>15:55h | FITBOXING<br><i>Sala Up</i>         | 15:05h<br>15:55h | FITBOXING<br><i>Sala Up</i>            | 15:05h<br>15:55h | CIRCUIT HIT<br><i>Sala Up</i>       | 15:05h<br>15:55h | CIRCUIT HIT<br><i>Sala Up</i>       | 15:05h<br>15:55h | FITBOXING<br><i>Sala Up</i> |
| 16:50<br>17:40h  | JIUJITSU INFANTIL<br><i>Sala Up</i> | 16:50<br>17:40h  | JIUJITSU INFANTIL<br><i>Sala Up</i>    | 16:50<br>17:40h  | JIUJITSU INFANTIL<br><i>Sala Up</i> | 16:50<br>17:40h  | JIUJITSU INFANTIL<br><i>Sala Up</i> |                  |                             |
|                  |                                     |                  |                                        |                  |                                     |                  |                                     |                  |                             |
| 17:45<br>18:35   | JIUJITSU INFANTIL<br><i>Sala Up</i> | 17:45<br>18:35   | JIUJITSU INFANTIL<br><i>Sala Up</i>    | 17:45<br>18:35   | JIUJITSU INFANTIL<br><i>Sala Up</i> | 17:45<br>18:35   | JIUJITSU INFANTIL<br><i>Sala Up</i> |                  |                             |
| 18:40<br>19:30   | MMA INFANTIL<br><i>Sala Up</i>      | 18:40<br>19:30   | FITBOXING<br><i>Sala Up</i>            | 18:40<br>19:30   | MMA INFANTIL<br><i>Sala Up</i>      | 18:40<br>19:30   | CIRCUIT HIT<br><i>Sala Up</i>       |                  |                             |
| 18:30<br>19:45h  | YOGA<br><i>Sala Bernat</i>          | 19:00<br>20:15h  | DANSA DEL VENTRE<br><i>Sala Bernat</i> | 19:30<br>21:00   | TEATRE<br><i>Sala Bernat</i>        | 19:25h<br>20:25h | PILATES<br><i>Sala Bernat</i>       | 19:00h<br>20:50h | FITBOXING<br><i>Sala Up</i> |
|                  |                                     |                  |                                        |                  |                                     |                  |                                     |                  |                             |
| 19:35<br>20:35   | JIUJITSU ADULT<br><i>Sala Up</i>    | 19:40<br>20:30   | FITBOXING<br><i>Sala Up</i>            | 19:35<br>20:35   | JIUJITSU ADULT<br><i>Sala Up</i>    | 19:40<br>20:30   | CIRCUIT HIT<br><i>Sala Up</i>       |                  |                             |
| 20:40h<br>21:40h | BOXA<br><i>Sala Up</i>              | 20:40h<br>21:40h | MMA ADULT<br><i>Sala Up</i>            | 20:40h<br>21:40h | KICK BOXING<br><i>Sala Up</i>       | 20:40h<br>21:40h | GRAPPLING<br><i>Sala Up</i>         |                  |                             |

## TARIFES

### ARTS MARCIALS\*

|                |          |
|----------------|----------|
| 1 dia setmana  | 25€/mes. |
| 2 dies setmana | 35€/mes. |
| 3 dies setmana | 40€/mes. |

\*Fitboxing, HIIT, Jiujitsu, Boxa...  
Socis Casino descompte de 5€.

### PILATES, YOGA, DANSA DEL VENTRE I TEATRE Consultar preus.

## CONTACTES

### ACTIVITAT

- ARTS MARCIALS
- PILATES
- TEATRE
- YOGA I DANSA DEL VENTRE

### RESPONSABLE

Marc  
Iris  
Rai  
Ingrid

### TELF.

655 85 68 45  
678 66 71 52  
678 55 71 74  
677 21 06 18



CASINO D'ARGENTONA