

· ACTIVITATS CASINO ARGENTONA 2022/2023 ·

DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
9:00h - 10:00h		8:00h - 9:00h	TÈCNICA BOXA I KICK BOXING <i>Sala Up</i>	9:15h - 10:15h		8:00h - 9:00h	TÈCNICA BOXA I KICK BOXING <i>Sala Up</i>	9:15h - 10:15h	
10:00h - 11:00h	PILATES <i>Sala Bernat</i>			10:00h - 11:00h	PILATES <i>Sala Bernat</i>			10:00h - 11:00h	
15:05h - 15:55h	FITBOXING TONO PUMP <i>Sala Up</i>	15:05h - 15:55h	TÈCNICA BOXA I KICK BOXING <i>Sala Up</i>	15:05h - 15:55h	CARDIO BOXING TABATA <i>Sala Up</i>	15:05h - 15:55h	JIUJITSU GRAPPLING <i>Sala Up</i>	14:05h - 14:55h	FITBOXING <i>Sala Up</i>
16:50-17:40h	JIUJITSU INFANTIL <i>Sala Up</i>			16:50-17:40h	JIUJITSU INFANTIL <i>Sala Up</i>			15:05h - 15:55h	FITBOXING <i>Sala Up</i>
17:45-18:35	JIUJITSU INFANTIL <i>Sala Up</i>	19:0h - 20:20h	FIT BOXING <i>Sala Bernat</i>	17:45-18:35	JIUJITSU INFANTIL <i>Sala Up</i>	19:00h - 20:15h	IOGA <i>Sala Bernat</i>	18:30h - 19:20h	FITBOXING TABATA <i>Sala Up</i>
18:40-19:30	KICK BOXING IN- FANTIL JUVENIL <i>Sala Up</i>			18:40-19:30	KICK BOXING IN- FANTIL JUVENIL <i>Sala Up</i>			19:30h - 20:20h	FITBOXING TABATA <i>Sala Up</i>
19:35-20:35	JIUJITSU ADULT <i>Sala Up</i>			19:35-20:35	JIUJITSU ADULT <i>Sala Up</i>				
20:40h - 21:40h	BOXA <i>Sala Up</i>			20:40h - 21:40h	KICK BOXING <i>Sala Up</i>				

TARIFES:

ARTS MARCIALS*:

1 dia setmana 25€/mes.
2 dies setmana 35€/mes.
3 dies setmana 40€/ mes.
Qualsevol activitat.
Socis Casino descompte de 5€.

IOGA i PILATES

Consultar preus

MOVIMENT I FITNESS

35€/mes socis 40€/mes no soci

CONTACTES: En cas que necessiteu més informació us heu de posar en contacte directament amb el responsable de l'activitat.

RESPONSABLE:

Iris
Pati Rubio
Ingrid
Marc

ACTIVITAT:

PILATES
Moviment
Ioga
Arts Marcials

TELF:

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647 521 514
677210618
655 85 68 45



www.casinoargentona.com

* Defensa personal, Kick Boxing, Circuit Multiestacions.

