

· ACTIVITATS CASINO ARGENTONA 2021/2022 ·

| DILLUNS | | DIMARTS | | DIMECRES | | DIJOUS | | DIVENDRES | |
|-----------------|--|-----------------|---|-----------------|---|-----------------|--|-----------------|--|
| 9:00h - 10:00h | | | | 9:15h - 10:15h | | | | 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 CIRCUIT FIGHT TABATA <i>Sala Up</i> | 15:05h - 15:55h | DEFENSA PERSONAL FEMENINA <i>Sala Up</i> | 12:00h - 13:00h | |
| 16:50h - 17:50h | JUDO 4-7 ANYS <i>Sala Up</i> | 18:00h - 19:15h | IOGA <i>Sala Bernat</i> | 16:50h - 17:50h | JUDO 4-7 ANYS <i>Sala Up</i> | 19:00h - 20:15h | IOGA <i>Sala Bernat</i> | 15:05h - 15:55h | FITBOXING TONO PUMP <i>Sala Up</i> |
| 18:10h - 19:10h | JUDO 8-12 ANYS <i>Sala Up</i> | 19:30h - 20:45h | MOVIMENT I FITNESS <i>Sala Bernat</i> | 17:15h - 18:15h | MOVIMENT I FITNESS <i>Sala Bernat</i> | | | 18:30h - 19:30h | FITBOXING TONO PUMP <i>Sala Up</i> |
| 19:20h - 20:20h | KICK BOXING 30 GRAPPLING 30 <i>Sala Up</i> | | | 18:10h - 19:10h | JUDO 8-12 ANYS <i>Sala Up</i> | | | 19:30h - 20:20h | DEFENSA PERSONAL FEMENINA <i>Sala Up</i> |
| 20:30h - 21:30h | TÈCNICA BOXA <i>Sala Up</i> | | | 18:30h - 19:30h | PILATES <i>sala Bernat</i> | | | | |
| | | | | 19:20h - 20:20h | KICK BOXING 30 GRAPPLING 30 <i>Sala Up</i> | | | | |
| | | | | 20:30h - 21:30h | 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€.

* Defensa personal, Kick Boxing, Circuit Multiestacions.

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
Monica
Marc

ACTIVITAT:

PILATES
Moviment
Ioga
Rio Abierto
Arts Marcials

TELF:

678 66 71 52
647 521 514
677210618
600 46 07 06
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www.casinoargentona.com

