

HORARIS ACTIVITATS DIRIGIDES



| | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|-------------|--------------------|----------------|---------------------|---------------------|-----------|
| 13.00-14.00 | | | EXERCICI TERAPÈUTIC | | |
| 13.50-14.30 | | | | MULTIFUNCIONAL | |
| 14.30-15.10 | | MULTIFUNCIONAL | | | |
| 15.15-16.15 | | | | EN FORMA AMB EL CAP | |
| 15.30-16.10 | | MULTIFUNCIONAL | | | |
| 16.15-16.55 | | | | MULTIFUNCIONAL | |
| 17.00-18.00 | DEFENSA PERSONAL 1 | BOXA 1 | DEFENSA PERSONAL 2 | BOXA 1 | |
| 18.00-19.00 | KARATE 1 | IOGA | KARATE 1 | IOGA | |
| 19.00-20.00 | KARATE 2 | | KARATE 2 | | BOXA 1 |
| 19.00-21.00 | | CAPOEIRA | | CAPOEIRA | |
| 20.00-21.00 | BOXA 2 | | BOXA 2 | | BOXA 2 |
| 21.00-22.00 | BOXA 3 | | BOXA 3 | | BOXA 3 |