

ACTIVITATS



PISCINA MUNICIPAL DE PORRERES



Tel 971166994

| | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|---------------|--------------------|--|---------------|--|--------------------|
| 8.30 a 9.00 | | | | | |
| 9.30 a 10.00 | FITBALL | STEP | RITMES | MANTENIMENT | PRO CYCLING |
| 10.00 a 10.30 | TBC | PILATES | TBC | PILATES | ABDOMINALS |
| 17.15 a 18.00 | | | | | |
| 18.15 a 19.00 | | PILATES | | PILATES | |
| 19.15 a 20.00 | STEP BÀSIC | PILATES PRO CYCLING EXPRESS 30' | AERÒBIC BÀSIC | PILATES PRO CYCLING EXPRESS 30' | TONIFICACIÓ |
| 20.15 a 21.00 | PRO CYCLING | PRO CYCLING | STEP NIVELL 1 | PRO CYCLING | STEP NIVELL 1 |

| | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|---------------|-------------------|--------------|----------|-------------------|-----------|
| 7.45 a 8.30 | | | | | |
| 10.30 a 11.15 | AQUAGYM 3era EDAT | AQUATRaining | AQUAGYM | AQUAGYM 3era EDAT | AQUAGYM |
| 19.30 a 20.15 | | | | | |
| 20.00 a 21.00 | | AQUAGYM | | AQUAGYM | |