

ACTIVITATS ESPORTIVES

SPORTS ACTIVITIES

	DILLUNS MONDAY	DIMARTS TUESDAY	DIMECRES WEDNESDAY	DIJOUS THURSDAY	DIVENDRES FRIDAY	DISSABTE SATURDAY	DIUMENGE SUNDAY
9:15h 10:00h	ABDOMINALS I ESTIRAMENTS ABDOMINALS AND STRETCHING	HIPOPRESSIUS I ABDOMINALS HYPOPRESSIVE AND ABDOMINAL	ABDOMINALS I ESTIRAMENTS ABDOMINALS AND STRETCHING	HIPOPRESSIUS I ABDOMINALS HYPOPRESSIVE AND ABDOMINAL	PILATES		ABDOMINALS I ESTIRAMENTS ABDOMINALS AND STRETCHING
10:15h 11:00h	TOTAL BODY	GAP	TOTAL BODY	GAP	CAMINAR WALKING		GAP
11:15h 12:00h	ZUMBA GOLD	BALLS LLATINS LATIN DANCES	CAMINAR WALKING	BALLS LLATINS LATIN DANCES			ZUMBA GOLD
12:15h 13:00h	GAP	CARDIO TONING		CARDIO TONING	BALLS LLATINS LATIN DANCES		CARDIO TONING
14:30h 15:15h	ZUMBA KIDS	MANUALITATS INFANTILS CHILDREN'S CRAFTS	ZUMBA KIDS	MANUALITATS INFANTILS CHILDREN'S CRAFTS	ZUMBA KIDS		ZUMBA KIDS
15:30h 16:00h	MANUALITATS INFANTILS CHILDREN'S CRAFTS	ZUMBA KIDS		ZUMBA KIDS			MANUALITATS INFANTILS CHILDREN'S CRAFTS



Si tens més de 16 anys i portes amb tu la roba i les sabatilles esportives, tenim les activitats perfectes per a les teves vacances. / If you are older than 16 years old and brought the sportswear and sneakers with you, we have the perfect activities for your vacation.



Activitats per a nens de 4 a 7 anys. / Activities for children from 4 to 7 years old.