



AJUNTAMENT DE GUARDAMAR DE LA SAFOR

C/ Nou d'Octubre, 3 46711 (VALÈNCIA) TLF 962818851, FAX 962803117

ACTIVITATS ADULTS

| | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES |
|--------------|--|--------------------|-----------------------|-------------------|------------|
| 9:30-10:30 | | RUNNING | | | RUNNING |
| 9:30-10:30 | | PILOXING | | PILOXING | |
| 17:30-18:30 | | | | | |
| 18:00-19:00 | | | | | POLE DANCE |
| 18:30-19:30 | | | | | |
| 19:30- 20:30 | | | | PADEL ADULTS | |
| 19:30- 20:30 | RUNNING | | RUNNING | RUNNING | |
| 20:00-21:00 | ZUMBA | ABDOMINAL HIPOPRES | ZUMBA | PILATES | |
| 21:00-22:00 | CIRCUIT TRAINING/TRX | | CIRCUIT TRAINING/ TRX | | |
| | | | | | |
| | | | | | |
| ACTIVITATS | EMPADRONAT-MES | NO EMPADRONAT-MES | EMP.TRIMESTRAL | NO EMP.TRIMESTRAL | |
| 0,5 | 8 € | 10 € | | | |
| 1 | 15 € | 20 € | 40 € | 57 € | |
| 2 | 27 € | 37 € | 73 € | 105 € | |
| 3 | 37 € | 52 € | 100 € | 148 € | |
| 4 | 45 € | 64 € | 122 € | 182 € | |
| | | | | | |
| | PADEL -Y POLE DANCE ADULTOS | | | | |
| | 20 € | EMPADRONADOS | | | |
| | 24 € | NO EMPADRONADOS | | | |
| | | | | | |
| Nota: | 2 hores a la setmana es considera 1 activitat. | | | | |