

ACTIVITIES SUMMER 2022/2023

JUNY

ACTIVITY	TIMETABLE	DAYS	ROOM	COACH	FEE
ABDOMINAL WHITH NO RISK	15:15-16:15	Tuesday & Thursday	Tatami	Paloma Guerra	12,50 €
AERO-GAP	17:00-18:00	Tuesday & Thursday	Aerobic/ext	Sergio Elorza	12,50 €
BACHATA (middle)	17:00-18:30	Tuesday	Aerobic	Ramón Cuallado	10,50 €
CIRCUIT TRAINING	12:30-13:30	Tuesday & Thursday	Aerobic	Sergio Elorza	12,50 €
DANCE AND MOVEMENT	10:00-11:00	Monday & Wednesday	Tatami	Yolanda Peiró	12,50 €
DEFENSE WOMEN	19:30-20:30	Tuesday & Thursday	Tatami	Luís Muñoz	12,50 €
STRECHING AND CHAIN MUSCLE	15:00-16:30	Monday & Wednesday	Tatami	Antonio Linde	12,50 €
FLAMENCO 1 (festival)	17:30-19:00	Monday & Wednesday	Aerobic	Lucila Duarte	12,50 €
FLAMENCO 2 (festival)	10:30-12:00	Monday & Wednesday	Aerobic	Lucila Duarte	12,50 €
HYPOPRESIVES	20:15-21:15	Tuesday & Thursday	Aerobic	Araceli Vercher	12,50 €
KINOMICHI 1	19:00-21:00	Wednesday	Tatami	Robert Bischof	12,50 €
KINOMICHI 2	19:00-21:00	Friday	Tatami	Charo Ortín	12,50 €
BODY BUILDING 1	07:00-09:30	Monday to Friday	Gimnàs	Sergio Elorza	16,00 €
BODY BUILDING 2	13:30-16:00	Monday to Friday	Gimnàs	Sergio Elorza	16,00 €
BODY BUILDING 3	17:30-20:00	Monday to Friday	Gimnàs	Millán Martínez	16,00 €
PILATES 1	09:00-10:00	Monday & Wednesday	Tatami	Yolanda Peiró	12,50 €
PILATES 4	18:00-19:00	Monday & Wednesday	Tatami	Manuel Caldito	12,50 €
PILATES 5	09:00-10:00	Tuesday & Thursday	Tatami	Yolanda Peiró	12,50 €
PILATES 7	16:00-17:00	Tuesday & Thursday	Tatami	Yolanda Peiró	12,50 €
PILATES 8	17:00-18:00	Tuesday & Thursday	Tatami	Yolanda Peiró	12,50 €
SALSA (basic/middle)	15:30-17:00	Tuesday	Aerobic	Ramón Cuallado	10,50 €
SEVILLANAS 1 (festival)	10:30-12:00	Friday	Aerobic	Lucila Duarte	10,50 €
SEVILLANAS 2 (festival)	12:00-13:30	Friday	Aerobic	Lucila Duarte	10,50 €
TAICHI CHIKUNG	16:00-17:30	Monday & Wednesday	Aerobic	Manuel Rodríguez	12,50 €
TAICHI CHIKUNG (nau gran)	11:00-12:30	Tuesday & Thursday	Aerobic	Magda Chiralt	12,50 €
ARCHERY 2	17:00-18:30	Tuesday & Thursday	C. exterior	Vicente Palomar	12,50 €
ARCHERY 3	18:30-20:00	Tuesday & Thursday	C. exterior	Vicente Palomar	12,50 €
YOGA 2	19:00-20:30	Monday & Wednesday	Aerobic	Marta Gomar	12,50 €
YOGA 4	09:30-11:00	Tuesday & Thursday	Aerobic	Magda Chiralt	12,50 €

JULY

ACTIVITY	TIMETABLE	DAYS	ROOM	COACH	FEE
BACHATA (middle)	17:00-18:30	Tuesday	Aerobic	Ramón Cuallado	10,50 €
DEFENSE WOMEN	19:30-20:30	Tuesday & Thursday	Tatami	Luís Muñoz	12,50 €
PILATES 4	18:00-19:00	Monday & Wednesday	Tatami	Manuel Caldito	12,50 €
SALSA (basic/middle)	15:30-17:00	Tuesday	Aerobic	Ramón Cuallado	10,50 €
ARCHERY 1	17:00-18:30	Tuesday & Thursday	C. Tir	Vicente Palomar	12,50 €
ARCHERY 2	18:30-20:00	Tuesday & Thursday	C. Tir	Vicente Palomar	12,50 €
YOGA 2	19:00-20:30	Monday & Wednesday	Tatami	Marta Gomar	12,50 €
YOGA 4	09:30-11:00	Tuesday & Thursday	Tatami	Magda Chiralt	12,50 €