



EXTRAESCOLARS ADULTS

CURS 25-26

ACTIVITAT	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	PREU	COORDINADOR AFA
ANGLÈS (Acadèmia ARA)							ABEL abel@afadoctorseres.cat
nivell inicial	19:30 - 21:00		19:30 - 21:00			27 €	
nivell intermig		19:30 - 21:00		19:30 - 21:00		27 €	
DEFENSA PERSONAL (Gimnàs Puente)							RAQUEL raquel@afadoctorseres.cat
únic	16:00 - 17:00		16:00 - 17:00			31 €	
ZUMBA (Happy Step)							NEREA nerea@afadoctorseres.cat
dilluns	20:30 - 21:30					17 €/h (1h)	
dimarts		20:30 - 21:30				16 €/h (2h)	
dimecres			19:00 - 20:00			15 €/h (3h)	
dijous				20:30 - 21:30		15 €/h (4h)	
divendres					11:00 - 12:00	15 €/h (5h)	
XTROMBA (Xavier)							NEREA nerea@afadoctorseres.cat
únic			20:00 - 21:00			18 €	
ENTRENAMENT FUNCIONAL (Oriol)							RAQUEL raquel@afadoctorseres.cat
dilluns	19:30 - 20:30					16 €/h (1h) 15 €/h (2h) 14 €/h (3h) 14 €/h (4h) 14 €/h (5h)	
dilluns	20:30 - 21:30						
dimarts		19:30 - 20:30					
dimarts		20:30 - 21:30					
dimecres			19:30 - 20:30				
dimecres			20:30 - 21:30				
dijous				19:30 - 20:30			
dijous				20:30 - 21:30			
divendres					19:30 - 20:30		
divendres					20:30 - 21:30		
IOGA (Jordi Prats)							AïDA aida@afadoctorseres.cat
únic			20:30 - 22:00			25 €	
CACO (Caminar Córrer) (Glow Fit)							RAQUEL raquel@afadoctorseres.cat
dilluns	09:30 - 10:30					17 €/h (1h)	
dimarts		09:30 - 10:30				16 €/h (2h)	
dimecres			09:30 - 10:30			15 €/h (3h)	
dijous				09:30 - 10:30		15 €/h (4h)	
divendres					09:30 - 10:30	15 €/h (5h)	
GAC (Glutis Abdomen Cames) (Glow Fit)							RAQUEL raquel@afadoctorseres.cat
dilluns	10:30 - 11:30					17 €/h (1h) 16 €/h (2h) 15 €/h (3h) 15 €/h (4h) 15 €/h (5h)	
dilluns	19:00 - 20:00						
dimarts		10:30 - 11:30					
dimarts		19:00 - 20:00					
dimecres			10:30 - 11:30				
dimecres			19:00 - 20:00				
dijous				10:30 - 11:30			
dijous				19:00 - 20:00			
divendres					10:30 - 11:30		
divendres					19:00 - 20:00		
ESQUENA SANA (Glow Fit)							RAQUEL raquel@afadoctorseres.cat
dilluns	11:30 - 12:30					17 €/h (1h)	
dimarts		11:30 - 12:30				16 €/h (2h)	
dimecres			11:30 - 12:30			15 €/h (3h)	
dijous				11:30 - 12:30		15 €/h (4h)	
divendres					11:30 - 12:30	15 €/h (5h)	