



EXTRAESCOLARS ADULTS CURS 25-26

ACTIVITAT	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	PREU	COORDINADOR AFA
ZUMBA							
dilluns	20:30 - 21:30					17 €/h (1h)	NEREA nerea@afadoctorseres.cat
dimarts		20:30 - 21:30				16 €/h (2h)	
dimecres			20:30 - 21:30			15 €/h (3h)	
dijous				20:30 - 21:30		15 €/h (4h)	
dijous						15 €/h (5h)	
XTROMBA (Xavier)							
únic			20:00 - 21:00			18 €	NEREA nerea@afadoctorseres.cat
ENTRENAMENT FUNCIONAL (Oriol)							
dilluns	19:30 - 20:30					16 €/h (1h) 15 €/h (2h) 14 €/h (3h) 14 €/h (4h) 14 €/h (5h)	RAQUEL raquel@afadoctorseres.cat
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)							
únic			20:30 - 22:00			25 €	AÏDA aida@afadoctorseres.cat
GAC (Glutis Abdomen Cames) (Glow Fit)							
dilluns	19:00 - 20:00					17 €/h (1h) 16 €/h (2h) 15 €/h (3h) 15 €/h (4h) 15 €/h (5h)	RAQUEL raquel@afadoctorseres.cat
dimarts		19:00 - 20:00					
dimecres			10:30 - 11:30				
dimecres			19:00 - 20:00				
dijous				19:00 - 20:00			
divendres					10:30 - 11:30		