Ajuntament de Palma | IME

# Programa d'Activitats Dirigides PAD

**Son Hugo** a partir de SETEMBRE 2024

| Horari | DILLUNS | | | DIMARTS | | | | DIMECRES | | | DIJOUS | | | | DIVENDRES | | | Horari |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 8.00 | | | | | | | | | | | | | | | | | | 8.00 |
| 8.15 | | | | | | | | | | | | | | | | | | 8.15 |
| 8.30 | GIMNÀSTICA INTEGRAL | | | PILATES | GIMNÀSTICA INTEGRAL | | | GIMNÀSTICA INTEGRAL | | | PILATES | GIMNÀSTICA INTEGRAL | | | GIMNÀSTICA INTEGRAL | | | 8.30 |
| 8.45 | | | AIGUAGIM piscina profunda | | | | AIGUAGIM | | | AIGUAGIM piscina profunda | | | | AIGUAGIM | | | AIGUAGIM piscina profunda | 8.45 |
| 9.00 | | | | | | | | | | | | | | | | | | 9.00 |
| 9.15 | | | | | | | | | | | | | | | | | | 9.15 |
| 9.30 | PILATES | | AIGUAGIM piscina profunda | PILATES | MANTENIMENT | | AIGUAGIM piscina profunda | PILATES | | AIGUAGIM piscina profunda | PILATES | MANTENIMENT | | AIGUAGIM piscina profunda | PILATES | | AIGUAGIM piscina profunda | 9.30 |
| 9.45 | | | | | | | | | | | | | | | | | | 9.45 |
| 10.00 | | | | | | | | | | | | | | | | | | 10.00 |
| 10.15 | | | AIGUAGIM piscina profunda | | | | AIGUAGIM piscina profunda | | | AIGUAGIM piscina profunda | | | | AIGUAGIM piscina profunda | | | AIGUAGIM piscina profunda | 10.15 |
| 10.30 | PILATES | TAITXÍ INI | | PILATES | | | | PILATES | TAITXÍ INI | | PILATES | | | | PILATES | TAITXÍ INI | | 10.30 |
| 10.45 | | | | | | | | | | | | | | | | | | 10.45 |
| 11.00 | | | AIGUAGIM | | IOGA | | AIGUAGIM | | | AIGUAGIM | | IOGA | | AIGUAGIM | | | AIGUAGIM | 11.00 |
| 11.15 | | | | | | | | | | | | | | | | | | 11.15 |
| 11.30 | | TAITXÍ PERF | | | | | | | TAITXÍ PERF | | | | | | | TAITXÍ PERF | | 11.30 |
| 11.45 | | | | | | | | | | | | | | | | | | 11.45 |
| 12.00 | | | | | | | | | | | | | | | | | | 12.00 |
| 12.15 | | | | | | | | | | | | | | | | | | 12.15 |
| 12.30 | | | | | | | | | | | | | | | | | | 12.30 |
| 12.45 | | | | | | | | | | | | | | | | | | 12.45 |
| 13.00 | | | | | | | | | | | | | | | | | | 13.00 |
| 15.30 | | | | | | | | | | | | | | | | | | 15.30 |
| 15.45 | | ENTRENAMENT FUNCIONAL | | ENTRENAMENT FUNCIONAL | | | | | ENTRENAMENT FUNCIONAL | | ENTRENAMENT FUNCIONAL | | | | | ENTRENAMENT FUNCIONAL | | 15.45 |
| 16.00 | | | | | | | | | | | | | | | | | | 16.00 |
| 16.15 | | | AIGUAGIM | | | | AIGUAGIM | | | AIGUAGIM | | | | AIGUAGIM | | | AIGUAGIM | 16.15 |
| 16.30 | | | | | | | | | | | | | | | | | | 16.30 |
| 16.45 | | | | | | | | | | | | | | | | | | 16.45 |
| 17.00 | | | | MANTENIMENT | | | | | | | MANTENIMENT | | | | | | | 17.00 |
| 17.15 | | | | | | | | | | | | | | | | | | 17.15 |
| 17.30 | | | | | | | | | | | | | | | | | | 17.30 |
| 17.45 | | | | | | | | | | | | | | | | | | 17.45 |
| 18.00 | | | | ENTRENAMENT FUNCIONAL | | | | | | | ENTRENAMENT FUNCIONAL | | | | | | | 18.00 |
| 18.15 | | | | | | | | | | | | | | | | | | 18.15 |
| 18.30 | PILATES | MANTENIMENT | | | PILATES | | | PILATES | MANTENIMENT | | | PILATES | | | PILATES | MANTENIMENT | | 18.30 |
| 18.45 | | | | | | | | | | | | | | | | | | 18.45 |
| 19.00 | | | | IOGA | | | AIGUAGIM | | | | IOGA | | | AIGUAGIM | | | | 19.00 |
| 19.15 | | | | | | | | | | | | | | | | | | 19.15 |
| 19.30 | PILATES | ENTRENAMENT FUNCIONAL PLUS | AIGUAGIM | | PILATES | ENTRENAMENT FUNCIONAL | | PILATES | ENTRENAMENT FUNCIONAL PLUS | AIGUAGIM | | PILATES | ENTRENAMENT FUNCIONAL | | PILATES | ENTRENAMENT FUNCIONAL PLUS | AIGUAGIM | 19.30 |
| 19.45 | | | | | | | | | | | | | | | | | | 19.45 |
| 20.00 | | | | | | | | | | | | | | | | | | 20.00 |
| 20.15 | | | | | | | | | | | | | | | | | | 20.15 |
| 20.30 | | | | | | | | | | | | | | | | | | 20.30 |
| 20.45 | | | | | | | | | | | | | | | | | | 20.45 |
| 21.00 | | | | | | | | | | | | | | | | | | 21.00 |