# PAD GERMANS ESCALAS 2023

**A PARTIR DE SETEMBRE 2023**

| Horari | DILLUNS i DIMECRES | | | | DIMARTS i DIJOUS | | | | DIVENDRES | | | | Horari |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 8.30 | PILATES INI | | MANTENIMENT | AIGUAGIM 1/2 | | | MANTENIMENT | AIGUAGIM | PILATES INI | | MANTENIMENT | AIGUAGIM | 8.30 |
| 8.45 | | | | | | | | | | | | | 8.45 |
| 9.00 | | | | | | | | | | | | | 9.00 |
| 9.15 | | | | | | | | | | | | | 9.15 |
| 9.30 | PILATES INI | | MANTENIMENT | AIGUAGIM | PILATES INI | IOGA | GIMNÀSTICA SUAU | | PILATES INI | | MANTENIMENT | AIGUAGIM | 9.30 |
| 9.45 | | | | | | | | | | | | | 9.45 |
| 10.00 | | | | | | | | | | | | | 10.00 |
| 10.15 | | | | AIGUAGIM | | | | | | | | | 10.15 |
| 10.30 | ESTIRAMENTS | IOGA | GIMNÀSTICA SUAU | | ESTIRAMENTS | | MANTENIMENT | | ESTIRAMENTS | IOGA | GIMNÀSTICA SUAU | | 10.30 |
| 10.45 | | | | | | | | | | | | | 10.45 |
| 11.00 | | | | AIGUAGIM | PILATES INI | | | AIGUAGIM | | | | AIGUAGIM | 11.00 |
| 11.15 | | | | | | | | | | | | | 11.15 |
| 11.30 | | | | | | | | | | | | | 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 | | | | | | | | | | | | | 15.45 |
| 16.00 | | | | | | | | | | | | | 16.00 |
| 16.15 | | | | AIGUAGIM | | | | AIGUAGIM | | | | AIGUAGIM | 16.15 |
| 16.30 | | | | | | | | | | | | | 16.30 |
| 16.45 | | | | | | | | | | | | | 16.45 |
| 17.00 | | | | | | | | | | | | | 17.00 |
| 17.15 | | | | | | | | | | | | | 17.15 |
| 17.30 | | | GAC | | | | | | | | GAC | | 17.30 |
| 17.45 | | | | | | | | | | | | | 17.45 |
| 18.00 | | | | | | | | | | | | | 18.00 |
| 18.15 | | | | | | | | | | | | | 18.15 |
| 18.30 | | | MANTENIMENT | | | | FIT DANCE | | | | MANTENIMENT | | 18.30 |
| 18.45 | | | | | | | | | | | | | 18.45 |
| 19.00 | | | | | | | | | | | | | 19.00 |
| 19.15 | | | | | | | | | | | | | 19.15 |
| 19.30 | | PILATES PERF | | | | | ABDOMINALS ESTIRAMENTS | | | PILATES PERF | | | 19.30 |
| 19.45 | | | | AIGUAGIM | | | | | | | | AIGUAGIM | 19.45 |
| 20.00 | | | | | | | | | | | | | 20.00 |
| 20.15 | | | | | | | | | | | | | 20.15 |
| 20.30 | | | ENTRENAMIENT EN CIRCUIT | | | | | AIGUAGIM | | | ENTRENAMIENT EN CIRCUIT | | 20.30 |
| 20.45 | | | | | | | | | | | | | 20.45 |
| 21.00 | | | | | | | | | | | | | 21.00 |
| 21.15 | | | | | | | | | | | | | 21.15 |
| 21.30 | | | | | | | | | | | | | 21.30 |