

AQUATIC CENTER

AQUATIC WORKSHOPS

DIVING POOL

DIVING KVL	11:00 - 12:00
FREEDIVING FLASSA	12:00 - 14:00
WATER-POLO 1 FLNS	14:00 - 15:00
WATER-POLO 2 FLNS	15:00 - 16:00
(ADVANCED LEVEL)	

INITIATION POOL

WATER-POLO 1 FLNS	11:00 - 11:55
WATER-POLO 2 FLNS	12:00 - 12:55
(FOR BEGINNERS)	

OLYMPIC POOL

SCUBA DIVING FLASSA	12:00 - 16:00
ARTISTIC SWIMMING FLNS	13:00 - 15:00

AQUATIC CLASSES

REGISTER AT THE INFOPOINT 30 MINUTES BEFORE THE CLASS. (LIMITED NUMBER OF PLACES)

POOL "SPORT & SANTÉ"

AQUA-BIKE	12:00 - 12:30
AQUA-FIT	12:45 - 13:15
AQUA-CIRCUIT	13:45 - 14:15
AQUA-JUMP	14:30 - 15:00
AQUA-BIKE	16:15 - 16:45

OLYMPIC POOL

AQUA-JOGGING	15:30 - 16:00
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WELLNESS

AUFGUSS / PEELING (LIMITED NUMBER OF PLACES)

11:30 / 13:00 / 14:30 / 16:00

GYMNASE

WORKSHOPS GYMNASE GYMNASE

HANDBALL FLH	11:00 - 18:00
BASKETBALL FLBB	11:00 - 18:00
BADMINTON FELUBA	11:00 - 18:00

ARENA

WORKSHOPS ARENA ARENA

PARALYMPIC SPORTS LPC	11:00 - 18:00
TRIATHLON FLTRI	11:00 - 18:00
GYMNASTICS FLGYM	11:00 - 18:00
KIDS GYM COQUE	11:00 - 18:00
ATHLETICS FLA	11:00 - 18:00

CLIMBING WALL

CLIMBING WORKSHOPS ESCALADE

CLIMBING WALL	11:00 - 18:00
BOULDERWALL	11:00 - 18:00
SLACKLINE	11:00 - 18:00
ATELIER FLERA	11:00 - 18:00

AMPHITHEATRE

JUGGLING THEATRE	13:00 - 13:45
MAGIC SHOW	14:30 - 15:30

STUDIO SPORTS CLASSES

STUDIO GYM / FITNESS MINIMUM AGE 16

FREE TRAINING	11:00 - 18:00
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SPORTS CLASSES

REGISTER AT THE 'STUDIO' FITNESS ROOM
30 MINUTES BEFORE THE CLASS
(LIMITED NUMBER OF PLACES)
MINIMUM AGE 16

PILATES	12:00 - 12:30
GROUP CYCLE	12:45 - 13:15
BACK FIT	13:45 - 14:15
CORE TRAINING	14:30 - 15:00
BODY SHAPE	15:30 - 16:00
POWER WORKOUT	16:15 - 16:45

TENNIS DE TABLE - INDIACA

WORKSHOPS

TABLE TENNIS / INDIACA (FLOOR -2)

TABLE TENNIS FLTT	11:00 - 18:00
INDIACA IFL	11:00 - 18:00

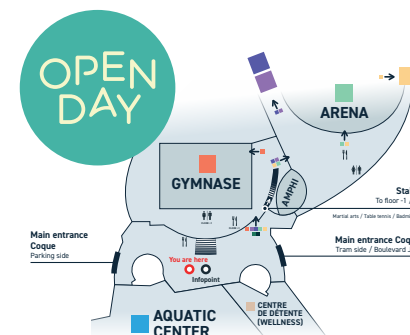
KIDS AREA

ACTIVITIES FOR CHILDREN

MARTIAL ARTS

MARTIAL ARTS WORKSHOPS (FLOOR -2)

KARATÉ FLK	11:00 - 18:00
JUDO FLJUDO	11:00 - 18:00
PARA JUDO LPC	12:00 - 15:00
CAPOEIRA FLAM	11:00 - 13:20
KICK BOXING FLAM	13:20 - 15:40
KENDO FLAM	15:40 - 18:00



SCAN THE QR CODE
TO GET THE MAP
WITH ALL ACTIVITIES
ON YOUR PHONE

