



Concellode
Oza Cesuras

#

HORARIOS PROVISIONAIS

ACTIVIDADES DEPORTIVAS 2025/6

LUNS	MARTES	MÉRCORES	XOVES	VENRES
	PILATES 9:30-10:30H	IOGA 10:00-11:00H	PILATES 9:30-10:30H	IOGA 10:00-11:00H
	PILATES 10:30-11:30H		PILATES 10:30-11:30H	
	PILATES 17:00-18:00H		PILATES 17:00-18:00H	
TAI-CHI 18:00-19:00H	XIMNASIA DE MANTEMENTO (Pavillón Cesuras) 18:45-19:45H		XIMNASIA DE MANTEMENTO (Pavillón Cesuras) 18:45-19:45H	TAI-CHI 18:00-19:00H
ZUMBA 19:30-20:30H	IOGA 19:00-20:00H		IOGA 19:00-20:00H	ZUMBA 19:30-20:30H