

Calendari 2023

Training

Guinardo



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Gimnàstica Artística Femenina

- . BARRA D' EQUILIBRI
- . SALT
- . TERRA
- . PARALLELES ASIMÈTRICS

Cuidat

- . TONIFICACIÓ
- . PILATES
- . FUNCIONAL
- . ENTRENAMENT PERSONAL
- . IOGA
- . ESTIRAMENTS
- . MINDFULNESS
- . LIVE COACHING



Arts Marcials

- . HAPKIDO INFANTIL I ADULTS
- . TAEKWONDO INFANTIL
- . DEFENSA PERSONAL



GIMNÀS

Train
guinardo

CERRADO

TIRAR



TAEKWONDO
태권도

Gener 2023

| DI | Dm | Dc | Dj | Dv | Ds | Dg |
|----|----|----|----|----|----|----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |





Febrer 2023

Dilluns
Primera Hora

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| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | | | | | |



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Març 2023

Dilluns
Segona Hora

| DI | Dm | Dc | Dj | Dv | Ds | Dg |
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| | | 1 | 2 | 3 | 4 | 5 |
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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |



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Abril 2023

Dilluns

| DI | Dm | Dc | Dj | Dv | Ds | Dg |
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Maig 2023

| DI | Dm | Dc | Dj | Dv | Ds | Dg |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |



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Juny 2023

Dimecres
Primera Hora

| DI | Dm | Dc | Dj | Dv | Ds | Dg |
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| | | | 1 | 2 | 3 | 4 |
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| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |



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Juliol 2023

Dimecres
Segona Hora

| DI | Dm | Dc | Dj | Dv | Ds | Dg |
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| 31 | | | | | | |



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Agost 2023

Dimecres

| DI | Dm | Dc | Dj | Dv | Ds | Dg |
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| 28 | 29 | 30 | 31 | | | |



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Setembre 2023

Divendres

| DI | Dm | Dc | Dj | Dv | Ds | Dg |
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| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
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Octubre 2023

Divendres

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| 30 | 31 | | | | | |



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Novembre 2023

Divendres

| DI | Dm | Dc | Dj | Dv | Ds | Dg |
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| 27 | 28 | 29 | 30 | | | |



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Desembre 2023

| DI | Dm | Dc | Dj | Dv | Ds | Dg |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |



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TAEKWONDO

태권도

JUAN

TAEKWONDO

태권도

CARLOS

TAEKWONDO

태권도

IRENE

Gener 2024

| DI | Dm | Dc | Dj | Dv | Ds | Dg |
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