

The municipal sports council have put this activity program together aimed at the whole population of Frigiliana, from the young to the not so young!

This activity program has been developed to run permanently from october 2019 to june 2020.

SUSCRIPTIONS

Suscriptions are tickets that are delivered to the monitors to perform various activities. There will be several prices depending on the activity or activities to practice.

· The vouchers should be handed into one of the monitors during the 1st week of each month; failure to hand in the relevant voucher will result in you not being able to participate.

· Vouchers are monthly from the 1st to the 30th/31st of each month and can be obtained between Monday & Friday from 9:00 to 14:00 at any of the banks in Frigiliana or directly from the sports pavilion.

FAMILY DISCOUNTS (only applicable to people on the municipal census)

It applies when more than one member of a family practice some activity with the following discounts:

- 2 members: -25%
- 3 members: -30%
- 4 members: -35%

FOOTBALL 7 STADIUM RENTAL

- 40€ per hour
- 55€ per two hours

PADEL COURT RENTAL

· Single days rental	<u>WITH LIGHT</u>	<u>WITHOUT LIGHT</u>
	7€/1h - 12€/2h	6€/1h - 10€/2h

· Monthly rental: Discount of 20% of the final rental price.

SPORTS ACTIVITY PROGRAM



Ayuntamiento
de Frigiliana

ADULTS



2019-2020 Season



WEIGHTS (GYM)*

- Over 16 years old.
- Monday to Friday from 9:00h-14:00h and 16:00h-22:00h
- Saturdays from 10:00h to 14:00h
- 25 €/month



SPINNING*

- Over 16 years old.
- Tuesdays and Thursdays: 9:00h-10:00h and 18:30h-19:30h
- Fridays from 9:00h to 10:00h
- 25 €/month



BODYFITNESS*

- Over 16 years old.
- Mondays and Wednesdays: from 9:00h to 10:15h and 20:00h to 21:15h
- 25 €/month



TAICHÍ

- Mondays and Wednesdays from 17:00h to 18:00h
- 25 €/month



AEROBIC

- Mondays, Wednesdays and Fridays from 13:00h to 14:00h
- Tuesdays, Thursdays and Fridays from 19:00h to 20:00h
- 20 €/month



AIKIDO

- Mondays and Wednesdays from 19:00h to 20:30h
- 25 €/month



ACTIVITIES BONUS: 25 €/MONTH



ACTIVITIES FOR SENIORS. GYM MAINTENANCE

- No age limit.
- Mondays and Wednesdays from 18:00h to 19:00h
- 10 €/month



BACK TREATMENT, REHABILITATION AND EXERCISES

- All ages.
- Tuesdays and Thursdays from 16:00h to 17:00h
- 25 €/month over 16 years old
- 10 €/month under 16 years old



PADEL

- Adult classes:

Beginners	Advanced
Tuesdays	18:30h to 19:30h
Fridays	16:00h to 18:00 (1h lessons)
- 25 €/month



WOMEN FITNESS

- Mondays and Fridays from 11:00h to 11:45h



YOGA

- Rut: Mondays and Wednesdays from 19:00h to 20:00h
Tuesdays and Thursdays from 9:15h to 10:30h
- Gill: Wednesdays from 9:15h to 10:30h
Saturdays from 10:15h to 11:30h
- 30 €/month

YOGA FUSION DANCE

- Tuesdays from 20:00h to 21:30h



PILATES

- Tuesdays and Thursdays:
from 10:30h to 11:30h, from 11:30 to 12:30 and 17:00h to 18:00h
- 30 €/month