



HORARI

ACTIVITATS COS – MENT

	DILLUNS	DIMARTS	DIMECRES	DIJOUS
18:00 H	VINI FLOW		PILATES TARA	FIT BARRE
19:00 H	PILATES TARA	MOBILITY	FIT BARRE	IOGA FUNCIONAL
20:00 H		FIT BARRE	POWER IOGA	


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HORARIS PILATES REFORMER

DILLUNS

DIMARTS

DIMECRES

DIJOUS

DIVENDRES

7:10 H

8:00 H

9:30 H

10:30 H

12:00 H

13:30 H

14:00 H

14:30 H

15:00 H

15:30 H

16:00 H

16:30 H

17:00 H

18:10 H

19:10 H

20:10 H



PLACES LLIURES



COMPLET



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HORARI FIT DONA

DILLUNS

DIMARTS

DIMECRES

DIJOUS

9:00 H

2 PLACES

12:10 H

15:15 H

COMPLET

17:30 H

COMPLET

18:15 H

NOU GRUP

1 PLAÇA

NOU GRUP

19:15 H

2 PLACES

COMPLET



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