



Flow

yoga-pilates

Ens trobaràs a
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Horaris	Dilluns	Dimarts	Dimecres	Dijous	Divendres
8:30-9:30h			pilates		pilates
9:30-10:30h	pilates	pilates	pilates S1 i S2	pilates	pilates
10:30-11:30h	pilates		pilates	pilates	yoga
14:00-15:00h					
15:00-16:00h					
16:00-17:00h					
17:00-18:00h	pilates	pilates	pilates		
18:00-19:00h	pilates	pilates	pilates yoga 18:30-19:30h	pilates	
19:00-20:00h	pilates	pilates	pilates	pilates	
20:00-21:00h	pilates	pilates	pilates	pilates	