

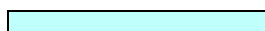


HORARI DE CLASSES CURS 2025-26



PILATES I MOVIMENT

HORA	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES
7:00-8:00	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI
8:00-9:00	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI
9:30-10:30	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES + HIPOPRESSIUS SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI
		PILATES CRAYWINCKEL		PILATES + HIPOPRESSIUS CRAYWINCKEL	
10:30-11:30	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI
		PILATES CRAYWINCKEL		PILATES CRAYWINCKEL	
11:30-12:30	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	
		PILATES CRAYWINCKEL		PILATES CRAYWINCKEL	
14:00-15:00	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI
15:00-16:00		PILATES + HIPOPRESSIUS SANT GERVASI			PILATES SANT GERVASI
15:30-16:30	PILATES SANT GERVASI		PILATES SANT GERVASI		
16:30-17:30	PILATES SANT GERVASI				
17:00-18:00		PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	
	PILATES CRAYWINCKEL	PILATES CRAYWINCKEL	PILATES CRAYWINCKEL	PILATES CRAYWINCKEL	
18:00-19:00	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES + HIPOPRESSIUS SANT GERVASI	
	PILATES CRAYWINCKEL	PILATES CRAYWINCKEL	PILATES CRAYWINCKEL	PILATES CRAYWINCKEL	
19:00-20:00	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	
	PILATES CRAYWINCKEL	PILATES CRAYWINCKEL	PILATES CRAYWINCKEL	PILATES CRAYWINCKEL	
20:00-21:00	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	PILATES SANT GERVASI	
	PILATES CRAYWINCKEL	PILATES CRAYWINCKEL	PILATES CRAYWINCKEL	PILATES CRAYWINCKEL	

 SESSIONS GRUPALS DE 3 A 5 PERSONES DE PILATES MÀQUINES SALA SANT GERVASI

 SESSIONS GRUPALS DE 3 A 5 PERSONES DE PILATES MÀQUINES SALA CRAYWINCKEL

INFORMA'T A HOLA@COSPILATESIMOVIMENT.COM O CONTACTA AL 692 38 31 43

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