



DILLUNS		DIMARTS		DIMECRES		DIJOUS		DIVENDRES	
HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT	HORA	ACTIVITAT
8h PAULA	Pilates Reformer	8h QUIMI	Pilates Reformer	8h QUIMI	Pilates Reformer	8h PAULA	Pilates Reformer		
9h PAULA	Pilates Reformer	9h PAULA	BARRE	9h QUIMI	Pilates Reformer	9h PAULA	Pilates Reformer		
9h QUIMI	BARRE					10h STEPHY	BARRE		
		15:30 STEPHY	BARRE						
17h QUIMI	Pilates Reformer			17h QUIMI	Pilates Reformer				
18h QUIMI	BARRE			18h QUIMI	BARRE				
19h QUIMI	Pilates Reformer			19h QUIMI	Pilates Reformer				

ON EL BENESTAR ES CONVERTEIX
EN ESTIL DE VIDA

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HORARIS 2025