

- Reformer Postpart

places disponibles

Reformer Prenatal

places disponibles

Reformer Base

places disponibles

Pilates Reformer

places disponibles
- Grup ple

Grup ple

Grup ple

Grup ple
- Triops

Pilates
Reformer
-
- | DILLUNS | | DIMARTS | | DIMECRES | | DIJOUS | | DIVENDRES | |
|------------------|------------------|------------------|-------------------|------------------|------------------|------------------|-------------------|------------------|-------------------|
| HORA | ACTIVITAT | HORA | ACTIVITAT | HORA | ACTIVITAT | HORA | ACTIVITAT | HORA | ACTIVITAT |
| de 7:00 a 7:50 | PILATES REFORMER | | | de 7:00 a 7:50 | PILATES REFORMER | de 7:00 a 7:50 | PILATES REFORMER | de 7:00 a 7:50 | PILATES REFORMER |
| | | de 7:45 a 8:35 | PILATES REFORMER | | | | | | |
| de 8:00 a 8:50 | REFORMER BASE | | | de 8:00 a 8:40 | PILATES REFORMER | de 8:00 a 8:50 | PILATES REFORMER | de 8:00 a 9:00 | REFORMER PRENATAL |
| de 9:15 a 10:05 | PILATES REFORMER | de 9:15 a 10:05 | REFORMER BASE | de 9:15 a 10:05 | PILATES REFORMER | de 9:15 a 10:05 | PILATES REFORMER | | |
| de 10:15 a 11:15 | PILATES REFORMER | de 10:15 a 11:15 | REFORMER POSTPART | de 10:15 a 11:15 | PILATES REFORMER | de 10:15 a 11:15 | REFORMER POSTPART | | |
| | | | | | | | | | |
| | | de 15:30 a 16:20 | PILATES REFORMER | | | de 15:30 a 16:20 | PILATES REFORMER | | |
| | | de 16:30 a 17:20 | REFORMER BASE | | | de 16:30 a 17:20 | PILATES REFORMER | de 16:30 a 17:20 | PILATES REFORMER |
| de 17:00 a 17:50 | PILATES REFORMER | | | de 17:00 a 17:50 | PILATES REFORMER | | | | |
| | | de 17:30 a 18:30 | REFORMER PRENATAL | | | de 17:30 a 18:20 | PILATES REFORMER | de 17:30 a 18:20 | PILATES REFORMER |
| de 18:00 a 18:50 | PILATES REFORMER | | | de 18:00 a 18:50 | PILATES REFORMER | | | | |
| | | de 18:30 a 19:20 | PILATES REFORMER | | | | | | |
| de 19:00 a 19:50 | PILATES REFORMER | | | de 19:00 a 19:50 | PILATES REFORMER | | | | |
- LA FORÇA DE L'EQUILIBRI
- HORARIS 2026/27