

HORARI D’ACTIVITATS

|  |  |  |
| --- | --- | --- |
| **DIMARTS** | **DIMECRES** | **DIJOUS** |
| 8:30-9:30 Pilates |  | 8:30-9:30 Pilates |
| 9:30-10:30 Pilates |  | 9:30-10:30 Pilates |
|  |  |  |
| 19:00-20:00 Pilates |  | 19:00-20:00 Pilates |
| 20:00-21:00 K-Fit |  | 20:00-21:00 K-Fit |

**KAIZEN DOJO |** Rambla Castell, 31 **|** Vilanova i la Geltrú (Barcelona) **|** ✆ 602 240 169 **|** ✉ kaizendojo.info@gmail.com