

ESTÚDIO
PILATES
CORINNE COSTA

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SÁBADO
8.00						
9.00	PILATES	PILATES	PILATES	PILATES	PILATES	PILATES
10.00	PILATES	PILATES	PILATES	PILATES	PILATES	PILATES
11.00	PILATES	PILATES	PILATES	PILATES		PILATES
12.00						
13.00		TAI CHI				
14.00						
15.00						
16.30	PILATES	PILATES	PILATES	PILATES		
17.00	PILATES	PILATES	PILATES	PILATES		
18.00	PILATES	PILATES	PILATES	PILATES		
19.00	PILATES	PILATES	PILATES	PILATES	PILATES	
19.15				MATWORK		

CONTACTOS

Rua José Joaquim Gomes da Silva - loja nº67 R/C · 4450-171 Matosinhos
T. +351 918 727 194 · info@estudiopilates.pt

WWW.ESTUDIOPILATES.PT