

# Activitats

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**SPINNING al pavelló d'esports**

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**\*DEFENSA PERSONAL**

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**HIPOPRESSIVES**

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**GIMNÀS DE MANTENIMENT**

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**PILATES LA TORRE I PINEDES**

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**\* GIM DANCE PINEDES**

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**ZUMBA**

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**IOGA LA TORRE I PINEDES**

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**\*PINTURA**

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**\*PATCHWORK**

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# **\*MINDFULNESS**

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