

QIDART Studio

Qidart Studio - Setembre 2025

Dilluns	Dimarts	Dimecres	Dijous	Divendres
				PILATES TORRE
				18:15
	CARDIO-BARRE	CIRCUIT P.FUNCIONAL		FOCUS-BARRE
	9:30	9:30		9:30
	PILATES TORRE	FOCUS-BARRE		EST/MOV
	10:45	10:45		10:45
FOCUS-BARRE	PILATES TERRA			
15:30	15:30			
				EST/MOV
				17:00
PILATES TORRE			CARDIO-BARRE	
18:00			18:00	
	CARDIO-BARRE	PILATES TERRA		
	19:00	19:00		
	EST/MOV	FOCUS-BARRE		
	20:00	20:00		
CARDIO-BARRE		PILATES TORRE		
21:00		21:00		

