

Qidart Studio 2025

Dilluns	Dimarts	Dimecres	Dijous	Divendres
				PILATES TORRE
				8:00
	CARDIO-BARRE	PILATES TERRA		FOCUS-BARRE
	9:30	9:30		9:30
	PILATES TORRE			
	10:45			
FOCUS-BARRE		PILATES TORRE		
15:30		15:30		
			PILATES TERRA	
			16:00	EST/MOV
				17:00
PILATES TORRE			CARDIO-BARRE	
18:00			18:00	
	CARDIO-BARRE	PILATES TORRE		
	19:00	19:00		
PILATES TORRE		FOCUS-BARRE		
20:15		20:15		