

HORARI D'ACTIVITATS DIRIGIDES - FEMENÍ STUDIO

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
07.15 - 08.00 h						
08.00 - 08.45h		MORNING BOOST 30' Montse (8)		MORNING BOOST 30' Montse (8)		
09.00 - 09.45h	FULLBODY Montse (8)	TONIFICA SUPERIOR Montse (8)	ESPALDA & CORE Montse (8)	BOOTY LAB Montse (8)	PILATES Daniella(8)	
10.00 - 10.45h	CORE & POSTURA Montse (8)	PILATES Montse (8)	TONIFICA SUPERIOR Montse (8)	SLOW Montse (8)	STRETCHING Daniella (8)	FULLBODY Daniella (8)
11.00 - 11.45h						
14.00 - 14.45h						
18.00 - 18.45h	FUNCIONAL Daniella (8)	PILATES Alena (8)	FUNCIONAL Daniella (8)	PILATES Alena (8)	DANCE FITNESS Daniella (8)	
19.00 - 19.45h	BOOTY LAB Daniella (8)	TBC Alena (8)	FULLBODY Daniella (8)	TBC Alena (8)	BODY SCULPT Daniella (8)	
19.30 - 20.15h						