

## HORARI D'ACTIVITATS DIRIGIDES - FEMENÍ STUDIO

	DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DISSABTE
09.00 - 09.45h	<b>FULLBODY</b> (12)	<b>TONIFICA SUPERIOR</b> (12)	<b>ESPALDA &amp; CORE</b> (12)	<b>GLUTE</b> (12)	<b>PILATES</b> (10)	<b>PILATES</b> (10)
10.00 - 10.45h	<b>CORE &amp; POSTURA</b> (12)	<b>PILATES</b> (10)	<b>TONIFICA SUPERIOR</b> (12)	<b>SLOW</b> (12)	<b>STRETCHING</b> (10)	<b>FULLBODY</b> (12)
11.00 - 11.45h	<b>PILATES</b> (10)	<b>STRETCHING</b> (10)	<b>PILATES</b> (10)	<b>ESPALDA &amp; CORE</b> (12)		<b>HATHA YOGA</b> (10)
14.00 - 14.45h		<b>BODY CONTROL</b> (10)		<b>BODY CONTROL</b> (10)		
18.00 - 18.45h	<b>FORÇA</b> (6)	<b>PILATES</b> (10)	<b>HATHA YOGA</b> (10)	<b>PILATES</b> (10)	<b>DANCE CHOREOGRAPHY</b> (8)	
19.00 - 19.45h	<b>GLUTE</b> (12)	<b>TBC</b> (12)	<b>FULLBODY</b> (12)	<b>GAC</b> (12)		