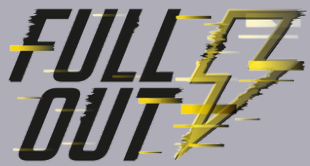


ORARIO SETTIMANALE FITNESS LABORATORY

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
PILATES		6:30-7:30			6:30-7:30
FUNCTIONAL TRAINING	19:45-20:45				9:30-10:30 19:45-20:45
GET!GAG	12:45-13:45		18:30-19:30		
STRETCHING E GINNASTICA DOLCE		8:30-9:30			12:00-13:00
ALLENAMENTO IN SOSPENSIONE	17:45-18:30	9:30-10:15	12:45-13:30		
FITBOXE		19:30-20:15 20:30-21:15			
FITPILATES		17:00-18:00		18:30-19:30	
HIIT				8:30-9:15	



ORARIO SETTIMANALE DANZA CLASSICA E MODERNA

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
MODERN BASE (6-9)		16.30-18:30			
MODERN INTERMEDIO (10-13)				17:30-19:30	
MODERN 13+		18:30-19:45			
MODERN OVER 30					17:30-18:30
MODERN AVANZATO			19:45-21:30		
PROPEDEUTICA (4-6)				16:30-17:30	
CLASSICA BASE	16:45-17:45		16:45-17.45		
CLASSICA INTERMEDIO			17:30-19:30		
CONTAMINAZIONE	18:30-19:30				18:30-19:30



ORARIO SETTIMANALE DANZE URBAN E POLE DANCE

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
HIP HOP BASE	16:30-17:30			16:30-17:30	
HIP HOP INTERMEDIO	17:30-18:30		17:30-18:30		
HIPHOP OVER					18:30-19:30
HIP HOP AVANZATO				20:45-22:00	
VIDEODANCE & HEELS				19:30-20:45	
POLE DANCE BASE	18:40-20:10 20:10-21:40				
POLE DANCE INTERMEDIO		20:00-21:30			
POLE DANCE EXOTIC				20:00-21:30	
POLE DANCE PER TUTTI	SABATO 13:30-15:00				