



PLANNING 2023-2024

	SALA ÂME o SALA SHAKTI		SALA ESPRIT		SALA CORPS	
LUNEDÌ	16:30/17:15	DANZA GIOCO 3-4	14:30/16:00	PRIVATE SOLO/DUO *SU RICHIESTA	17:15/18:15	PROPEDEUTICA CLASSICO 5-7
			16:00/17:00	CLASSICO OPEN 13+	18:15/19:15	HIP HOP KIDS 8-12
	17:30/20:15	OPEN STRETCHING	17:00/18:30	CONTEMPORANEO OPEN 13+	19:15/20:15	BE FIT LIT
			20:15/21:45	MODERN JUNIOR +16		
MARTEDÌ			16:30/17:30	CLASSICO KIDS 8-12		
	18:00/18:45	KETTLEBELL (SALA SHAKTI)	17:30/18:30	MODERN TEEN 13-15	18:30/20:00	HIP HOP TEEN 13-15
	18:45/20:00	DIFESA PERSONALE (SALA SHAKTI)				
			20:00/21:30	MODERN SENIOR 20+		
MERCOLEDÌ	16:30/17:15	DANZA GIOCO 3-4			16:30/17:30	HIP HOP BABY 5-7
			17:30/18:30	MODERN KIDS 8-12	17:30/18:30	PROPEDEUTICA MODERN 5-7
	17:30/20:15	OPEN STRETCHING	18:30/19:30	CONTEMPORANEO KIDS 8-12	18:30/19:30	HIP HOP KIDS 8-12
			20:15/21:45	CLASSICO JUNIOR 16+	19:30/20:30	HIP HOP ADULTI
GIOVEDÌ					16:30/18:00	HIP HOP TEEN 13-15
			18:00/19:00	CLASSICO TEEN 13-15 (Potenziamento Punte)		
	19:30/20:45	YOGA (SALA SHAKTI)	19:00/20:00	MODERN ADULTI	20:00/21:00	BE FIT HIT
VENERDÌ			16:30/17:30	CLASSICO KIDS 8-12	17:30/18:30	HIP HOP BABY 5-7
	17:30/20:15	OPEN STRETCHING			18:30/20:00	HIP HOP JUNIOR 16+
			19:00/20:00	CLASSICO OPEN/PUNTE 13+		
			20:00/21:00	CLASSICO ADULTI	20:00/21:30	HIP HOP SENIOR - COREOGRAFICO