



PLANNING 2025-2026

	SALA ÂME o SALA SHAKTI		SALA ESPRIT		SALA CORPS	
LUNEDÌ			16:30/17:15	DANZA GIOCO 3-4		
			17:30/18:30		17:15/18:15	HIP HOP BABY 5-7
	18:30/19:30	CERCHIO AEREO (Sala Shakti)	18:30/19:30	PILATES OPEN	18:15/19:45	HIP HOP TEEN 12-14
	18:30/20:00	YOGA (Sala Anima)			19:45/20:45	POLE DANCE INTERMEDIO
			20:15/21:45	MODERN SENIOR INT/ADV	20:45/21:45	POLE DANCE BASE OPEN LEVEL
MARTEDÌ						
			16:30/17:30	CLASSICO KIDS MONO 8-12	16:30/17:30	HIP HOP KIDS L1 8-9
	17:30/18:30	CONTEMPORANEO BABY 5-7	17:30/18:30	CLASSICO TEEN MONO 13-16	17:30/18:30	HIP HOP KIDS L2 10-11
	18:30/19:30	CONTEMPORANEO KIDS 8-12	18:30/20:00	CLASSICO SENIOR INT/ADV	18:30/20:00	HIP HOP JUNIOR MONO 14+
			20:00/21:00	CLASSICO SENIOR BASE	20:00/21:30	CONTEMPORANEO OPEN INT/ADV 13+
MERCOLEDÌ						
			16:30/17:15	DANZA GIOCO 3-4		
			17:15/18:15	MODERN KIDS 8-12	17:15/18:15	PROPEDEUTICA CLASSICA 5-6
	19:30/20:30	HEELS BASE (Sala Shakti)	18:30/19:30	CLASSICO JUNIOR	18:15/19:45	HIP HOP TEEN 12-14
	19:45/20:45	HIP HOP ADULTI (Sala Anima)	19:30/20:30	MODERN FUSION OPEN 16+	19:45/20:45	POLE DANCE INTERMEDIO
GIOVEDÌ	20:30/22:00	HEELS-WAACKING INT/ADV (Sala Shakti)	20:30/21:30	CLASSICO ADULTI	20:45/21:45	POLE DANCE BASE OPEN LEVEL
					16:00/17:30	MODERN TEEN/JUNIOR
			17:00/18:00	CLASSICO KIDS BIS 8-12	17:30/18:30	PROPEDEUTICA MODERN 5-7
			18:00/19:30	CLASSICO TEEN BIS TECNICA E PUNTE	19:00/20:00	MODERN ADULTI
VENERDÌ	20:00/21:00	BE FIT DANCING OPEN	19:30/20:30	CLASSICO TECNICO/REPERTORIO		
					20:30/22:00	CONTEMPORANEO OPEN INT/ADV 13+
	16:30/17:30	POTENZIAMENTO E STRETCHING			10:30/11:30	POLE DANCE OPEN LEVEL
					16:30/17:30	HIP HOP KIDS L1 8-9
			17:30/18:30	PROPEDEUTICA CLASSICA 6-7	17:30/18:30	HIP HOP KIDS L2 10-11
			18:30/19:30	PILATES OPEN	18:30/20:00	HIP HOP JUNIOR BIS 14+
					20:00/21:30	HIP HOP SENIOR