

LUNEDI'		MARTEDI'		MERCOLEDI'		GIOVEDI'		VENERDI'		SABATO	
SALA MIAMI	SALA IBIZA	SALA MIAMI	SALA IBIZA	SALA MIAMI	SALA IBIZA	SALA MIAMI	SALA IBIZA	SALA MIAMI	SALA IBIZA	SALA MIAMI	SALA IBIZA
MATTINA											
	BODY TONIC 360 9.30 - 10.20		POSTURAL P. 9.00 - 9.50	BRUCIA GRASSI 9.30 - 10.20	MAMMA, BALLIAMO? :) 9.30 - 10.30		BODY TONIC 360 9.30 - 10.20		POSTURAL P. 9.00 - 9.50		
	WALKING 10.30 - 11.20						WALKING 10.30 - 11.20			ZUMBA FITNESS 10.00 - 11.00	CROSSWORK 10.00 - 10.50
PAUSA PRANZO											
FUNCTIONAL 13.00 - 13.50	WALKING 13.00 - 13.50	POWER PILATES 13.00 - 13.50	WALKING 13.00 - 13.50	GAG 13.00 - 13.50	WALKING 13.00 - 13.50	POWER PILATES 13.00 - 13.50	WALKING 13.00 - 13.50		FIT-BOXE 13.00 - 13.50		
POMERIGGIO/SERA											
LATIN DANCE 7-12 16.30 - 17.30		HIP HOP 16.50 - 17.50				LATIN DANCE 7-12 16.30 - 17.30	HIP HOP 16.50 - 17.50				
	STRIKE TNT 17.30 - 18.15		FUNCTIONAL CIRCUIT 18.00 - 18.50	REGGAETON 13-18 18.00 - 18.55		STRIKE TNT 17.30 - 18.15	GAG 18.00 - 18.50	POSTURAL P 18.00 - 18.50	WALKING 18.00 - 18.50		
REGGAETON 13-18 18.30 - 19.30	CROSSWORK 18.30 - 19.15	ZUMBA FITNESS 18.30 - 19.20	TOTAL BODY EXTREME 19.00 - 19.50	ZUMBA FITNESS 19.00 - 19.50	POWER PILATES 19.00 - 19.50	CROSSWORK 18.30 - 19.20	FIT-BOXE 19.00 - 19.50	POWER PILATES 19.00 - 20.00	FUNCTIONAL TONE 19.00 - 19.50		
ZUMBA FITNESS 19.40 - 20.30	FIT-BOXE 19.30 - 20.20	ZUMBA FITNESS 20.00 - 20.50	WALKING 20.00 - 20.50		REGGAETON 18 IN SU 20.00 - 20.55	ZUMBA FITNESS 19.45 - 20.35	WALKING 20.00 - 20.50				
DANCE											
SALSA INTERMEDIO 20.45 - 21.45		SALSA BASE 1 LORD PUB 20.45 - 21.45		BACHATA INT. 20.45 - 21.45	SALSA BASE 1 21.00 - 22.00	BACHATA BASE 20.45 - 21.45	KIZOMBA BASE 21.00 - 22.00			SALSA BASE 1 20.45 - 21.45	
		SALSA INT LORD PUB 21.45 - 22.45			SALSA AVANZ. 1 22.00 - 23.00	BACHATA FUSION 21.45 - 22.45	KIZOMBA INTERMEDIO/AV 22.00 - 23.00			BACHATA BASE 21.45 - 22.45	