



lunedì

martedì

mercoledì

giovedì

venerdì

sabato

urban dega open

urban dega open

urban dega open

urban dega open

urban dega open

urban dega

10-11

10-11 pilates

10-11 pilates

10-11 yoga

16-17

16-17 hip hop JUNIOR 2 (10/11)

17-18

17-18 pilates

17-18 modern base (5/6/7)

17-18 hip hop kids (5/6/7)

17-18 TESSUTI BASE

17-18 pilates

17-18 hip hop JUNIOR 1 (8/9)

17:30-18:30 classico NEW (4-5)

17-18 hip hop TEEN (12/13)

17:30-19 classico INT (13-16)

18-19

18-19:30 break

18-19 modern Junior 1 (8/9)

18:30-19:30 cardio fitness

18-19 modern avanzato (13-17)

17:30-18:30 yoga

18-19 HOUSE OPEN

18-19 TESSUTI TEEN

18-19 modern Junior 2 (10/11/12)

18-19 pilates

18-19 hip hop ADV (14/15)

18:30-20:00 classico ADV

19-20

19-20:30 heels base

19-20:30 modern adulti (18+)

19-20 pilates

18:30-20 classico elem 2 (9/10/11)

19-20 TESSUTI ADULTI

19-20 cardio fitness

19-20 pilates

19-20:30 hip hop PRO (16+)

20-21

20:30-21:20 bachata base

20-21 classico adulti

19:30-21 heels avanzato

20:30-21:20 salsa base

20:30-21:20 salsa int

20:30-21:30 Transizione cubana-portorico

21-22

21:20-22:10 salsa adv

21:20-22:10 salsa int

22:10-23 bachata adv

22:10-23 bachata int

22-23

21:30-22:30 Salsa portorico OPEN

fitness

danza

acrobatica

posturale

salsa e bachata