

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
modern
Junior 2
(10/11/12)

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

17-18

17-18
pilates

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

17:30-
18:30
yoga

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
classico
elem 1
(6/7/8)

18:30-
19:30
total
body

18-19
HOUSE
OPEN

18-19
TESSUTI
TEEN

19-20
cardio
fitness

18-19
pilates

18:30-
20:00
classico
ADV

18-19
hip hop
ADV
(14/15)

19-20

19:30-21
heels

19-20:30
modern
adulti
(18+)

19-20
pilates

18:30-
20:00
classico
elem 2
(9/10/11)

19:30-21
heels

19-20:30
TESSUTI
ADULTI

19-20
cardio
fitness

19-20
pilates

18:30-
20:00
classico
ADV

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

20.21

20:30-
21:20
bachata base

20-21
classico
adulti

19:30-21
heels

20:30-
21:20
salsa base

20:30-
21:30
Transizione
cubana-
portorico

21-22

21:20-
22:10
salsa adv

21:20-
22:10
salsa int

21:30-22:30
Salsa
portorico
OPEN

22-23

22:10-23
bachata
adv

22:10-23
bachata int

fitness

danza

acrobatica

posturale

salsa e bachata