ONSTAGE NewAGE

DANZA • GINNASTICA • SALUTE

	LUNEDI		MARTEDI		MERCOLEDI		GIOVEDI		VENERDI	
	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2	Sala 1	Sala 2
09:00										
09:30										
10:00	GINN. POSTURALE (10:15-11:15)					RECUPERO GINN. POS. (10:15-11:15)			GINN. POSTURALE (10:15-11:15)	
10:30										
11:00	GINN. POSTURALE (11:15-12:15)					RECUPERO GINN. POS. (11:15-12:15)			GINN. POSTURALE (11:15-12:15)	
11:30										
12:00										
12:30										
13:00	PILATES Online (13:00-14:00)	GINN. POSTURALE (13:15-14:15)					PILATES Online (13:00-14:00)		GINN. POSTURALE (13:15-14:15)	
13:30										
14:00										
14:30										
15:00										
15:30										
16:00				GINN. DOLCE (16:00-17:00)						
16:30	PROPEDEUTICA ASILO (16:15-17:15)									
17:00			PROPEDEUTICA ASILO (17:00-18:00)	PILATES MONOSETT. (17:00-18:00)	DANZA MUSICAL "B" (17:00-18:00)	CANTO MUSICAL "A" (17:00-18:00)				PILATES MONOSETT. (17:00-18:00)
17:30	ACCADEMICO TEEN (17:15-18:15)						PROP.ELEMENT (Monosettimanale) (17:15-18:15)			
18:00			PROPEDEUTICA ELEMENTARI (18:00-19:00)	PILATES MONOSETT. (18:00-19:00)	DANZA MUSICAL "A" (18:00-19:00)	CANTO MUSICAL "B" (18:00-19:00)			CLASSICO ADULTI (Base) (18:00-19:00)	HIP-HOP TEEN (18:00-19:00)
18:30	CLASSICO MEDIE (18:15-19:15)	JAZZ TEEN (18:30-19:30)					CLASSICO MEDIE (18:15-19:15)			
19:00			JAZZ ADULTI (19:00-20:30)	PILATES (19:00-20:00)	GINN. ADULTI (19:00-20:00)				PILATES (19:00-20:00)	
19:30	CLASSICO AVANZATO (19:15-20:30)	FLAMENCO (19:30-21:30)					CLASSICO AVANZATO (19:15-20:30)	INTERVAL TRAINING (19:30-20:30)		
20:00				PILATES (20:00-21:00)	CLASSICO INTERMEDIO (20:15-21:15)					PILATES (20:00-21:00)
20:30	CLASSICO INTERMEDIO (20:30-21:30)		SALSA e BACHATA Base3 (20:30-21:30)				BACHATA FUSIONE (20:30-21:30)	SALSA e BACHATA Base (20:30-21:30)	SALSA e BACHATA Base 2 (20:30-21:30)	
21:00										
21:30			SALSA e BACHATA Int./Av. (21:30-22:30)				SALSA SENSUAL (21:30-22:30)	SALSA e BACHATA Base 3 (21:30-22:30)	SALSA e BACHATA Av. (21:30-22:30)	
22:00										
22:30										
23:00										