



PLANNING 2024-2025

	SALA ÂME o SALA SHAKTI		SALA ESPRIT		SALA CORPS	
LUNEDÌ	16:30/17:15	DANZA GIOCO 3-4	15:00/16:30	PRIVATE SOLO/DUO *SU RICHIESTA	16:30/17:30	CONTEMPORANEO BABY 5-7
	17:30/18:30	PROPEDEUTICA CLASSICA 5-7	16:30/17:30	CLASSICO OPEN INTERM/ADV 13+	17:30/18:30	CONTEMPORANEO KIDS 8-12
			17:30/18:30	MOD OPEN INTERM/ADV 13+	18:30/19:30	HIP HOP KIDS L2 10-12
			18:30/20:00	CONTEMPORANEO OPEN INTERM/ADV 13+	19:30/20:30	BE FIT LIT
			20:30/22:00	MODERN SENIOR 20+		
MARTEDÌ			16:45/17:45	CLASSICO KIDS 8-12	16:45/17:45	STRETCHING E POTENZIAMENTO OPEN
			17:45/18:45	CLASSICO TEEN 13-15	17:45/18:45	HIP HOP KIDS L1 8-9
			18:45/20:15	CLASSICO SENIOR ADV	18:45/20:15	HIP HOP TEEN 13-15
			20:15/21:45	MODERN JUNIOR 16+		
MERCOLEDÌ	16:30/17:15	DANZA GIOCO 3-4			16:30/17:30	PROPEDEUTICA MODERN 5-7
			17:30/18:30	MODERN KIDS 8-12	17:30/18:30	HIP HOP BABY 5-7
	19:30/20:30	HIP HOP ADULTI	19:15/20:15	MODERN FUSION JUNIOR 16+	18:30/19:30	HIP HOP KIDS L2 10-12
	20:30/22:00	HEELS - WAAKING - VOGUING	21:00/22:00	CLASSICO ADULTI	19:30/20:30	POLE DANCE B/I
					20:30/21:30	POLE DANCE OPEN LEVEL
GIOVEDÌ			16:30/17:30	MODERN TEEN		
	17:30/18:30	KETTLEBELL (SALA SHAKTI)	18:00/19:00	CLASSICO KIDS 8-12	17:30/19:00	HIP HOP TEEN 13-15
	18:30/19:30	DIFESA PERSONALE (SALA SHAKTI)	19:00/20:00	CLASSICO TEEN 13-15	19:00/20:00	MODERN ADULTI
			20:00/21:00	CLASSICO TECNICO/REPERTORIO +13	20:00/21:00	BE FIT HIT
VENERDÌ					10:30/11:30	POLE DANCE OPEN LEVEL
					16:30/17:30	HIP HOP BABY 5-7
					17:30/18:30	HIP HOP KIDS L1 8-9
			18:30/19:30	PILATES	18:30/20:00	HIP HOP JUNIOR 16+
	19:30/21:00	YOGA (SALA SHAKTI)			20:00/21:30	HIP HOP SENIOR - COREOGRAFICO