

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
9:00 - 10:00 Posture Flexibility	9:00 - 10:00 Pilates Barre	9:00 - 10:00 Meditazione Shamatha	9:00 - 10:00 Pilates Barre	9:00 - 10:00 Meditazione Shamatha
10:00 - 11:00 Body Balance	10:00 - 11:00 Body Balance	10:00 - 11:00 Body Balance	10:00 - 11:00 Body Balance	10:00 - 11:00 Posture Flexibility
11:00 - 12:00 Posture Flexibility	11:00 - 12:00 Body Balance	11:00 - 12:00 Vinyasa Yoga	11:00 - 12:00 Body Balance	11:00 - 12:00 Metiss Dance
12:00 - 13:00 Posture Flexibility		12:00 - 13:00 Pilates Matwork		
13:00 - 14:00 Metiss Dance	13:00 - 14:00 Pilates Matwork	13:00 - 14:00 Vinyasa Yoga	13:00 - 14:00 Pilates Matwork	13:00 - 14:00 Balli Afflamencati
15:00 - 16:30 Danza Classica	14:30 - 15:30 Modern Teens		15:00 - 16:30 Hip Hop Teens	
16:30 - 17:15 Propedeutica gioco	16:30 - 17:15 Danza Classica	16:30 - 17:15 Propedeutica gioco	17:00 - 19:00 Teatro Danza 18:00 - 19:00 Afrobeat	17:00 - 18:00 Danza Classica
17:30 - 18:30 Danza Classica	17:30 - 18:30 Danza Classica	17:30 - 18:15 Danza Classica		18:00 - 19:00 Danza Classica
19:00 - 20:00 Oriental Flow	18:30 - 19:30 Hip Hop Adulti	18:30 - 19:30 Danza Classica	19:00 - 20:00 Oriental Flow	19:00 - 20:30 Danze Berbere
20:00 - 21:00 Oriental Flow	19:30 - 20:45 Danza Contemporanea	19:30 - 20:30 Oriental Flow	20:00 - 21:00 Fusion Bellydance	
21:00 - 22:00 Gypsy Flow	20:45 - 22:00 Teatrodanza	20:30 - 22:30 Danza Duende	21:00 - 22:00 FCBellyDance	