

PLANNING 2025/2026

* Il planning potrebbe essere sottoposto a modifiche e cambiamenti

	LUNEDI'	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
10:00-11:00	PILATES (sala 2)		PILATES (sala 2)			
10:30-11:30				TOTAL BODY SOFT (sala 2)		
10:30-12:00						DANZA AEREA E CERCHIO LIVELLO UNICO (sala 1)
11:00-12:00	POSTURALE (sala 2)		POSTURALE (sala 2)		POSTURALE (sala 2)	
15:00-17:00						SBARRA A TERRA E PREP. PUNTE (sala 1)
15:30-17:00		DANZA CLASSICA 12+ (sala 1)		DANZA CLASSICA 12+ (sala 1)		
16:30-17:30			TAI CHI INTERMEDIO (sala 2)		TAI CHI AVANZATO (sala 2)	
17:00-18:00	MOVIMENTO CREATIVO 4-6 (tatami)	PILATES (sala 2)	A TUTTO POWER (tatami)	PILATES (sala 2)	A TUTTO POWER (tatami)	
		KICK BOXING JUNIOR (tatami)		KICK BOXING JUNIOR (tatami)		
		PROPEDEUTICA 6-8 (sala 1)		PROPEDEUTICA 6-8 (sala 1)		
17:00-18:30		HIP HOP JUNIOR 12+ (sala 3)		HIP HOP JUNIOR 12+ (sala 3)		
17:30-18:30			TAI CHI AVANZATO (sala 3)		TAI CHI INTERMED.(sala 1)	
17:30-19:00	MODERN 12+ (sala 1)		MODERN 12+ (sala 1)			
18:00-19:00	TOTAL TRAINING (sala 2)	ZUMBA (sala 2)	TOTAL TRAINING (sala 2)	ZUMBA (sala 2)	TOTAL TRAINING (sala 2)	
	KARATE JUNIOR (tatami)	PILATES POSTURAL	KARATE JUNIOR (tatami)	PILATES POSTURAL		
	POSTURALE F (sala 3)	CONTROLOGY (tatami)		CONTROLOGY (tatami)		
18:00-19:30		DANZA AEREA 8-11 (sala 1)		DANZA AEREA 8-11 (sala 1)		
18:30-19:30		HIP HOP 7-11 (sala 3)		HIP HOP 7-11 (sala 3)		
18:30-20:00			TAI CHI PRINC.(sala 3)			
19:00-20:00	CIRCUITO (sala 2)	FULL BODY (sala 2)	CIRCUITO (sala 2)	FULL BODY (sala 2)	CIRCUITO (sala 2)	
	NEW FLEXY (sala 1)	WING TSUN (tatami)	NEW FLEXY (sala 1)	WING TSUN (tatami)	NEW FLEXY (sala 1)	
	KARATE SENIOR (tatami)		KARATE SENIOR (tatami)		KARATE SENIOR (tatami)	
19:30-21:00		DANZA AEREA 12+ (sala 1)		DANZA AEREA 12+ (sala 1)		
20:00-21:00	CIRCUITO (sala 2)		CIRCUITO (sala 2)		CIRCUITO (sala 2)	
20:00-21:15		KICK BOXING SENIOR (tatami)		KICK BOXING SENIOR (tatami)		
20:00-21:30	D. ORIENTALI INT. (sala 1)	LADY STYLE/ SALSA E	D. ORIENTALI PRINC. (sala 3)	D. ORIENTALI INT. (sala 1)		
	BALLO DI GRUPPO (sala 3)	CARAIBICI (sala 2)	TANGO (sala 2)			
21:00-23:00	BACHATA ZOUK (sala 2)					