

PALINSESTO 2024

per info: 348 996 1498
via Schiaparelli 12 - VR



LUNEDÌ

SALA 1	SALA 2	SALA 3	SALA 4
11.00-12.00 POLE DANCE OPEN		9.45-10.45 BARRE PILATES	11.00-12.00 BUNGEE FLY
		12.15-13.15 FLESSIBILITÀ	
13.30-14.30 POLE DANCE OPEN			13.30-14.30 BUNGEE FLY
16.45-17.45 POLE DANCE OPEN			
18.00-19.00 POLE DANCE BASE	18.00-19.00 CERCHIO INTERMEDIO	18.00-19.00 PILATES	
19.15-20.15 POLE DANCE OPEN	19.15-20.15 CERCHIO AVANZATO	19.15-20.15 FUNZIONALE	19.15-20.15 BUNGEE FLY
20.30-21.30 POLE DANCE BASE	20.30-21.30 CERCHIO BASE 2/INT	20.30-21.30 FLEX CONTORTION	

MARTEDÌ

SALA 1	SALA 2	SALA 3	SALA 4
9.45-10.45 POLE DANCE OPEN			
		11.00-12.00 FLESSIBILITÀ	
12.00-13.00 POLE DANCE BASE	13.00-14.00 CERCHIO BASE		12.00-13.00 BUNGEE FLY
13.30-14.30 POLE DANCE OPEN		13.15-14.15 PILATES	
18.00-19.00 POLE DANCE BASE	18.00-19.00 AMACHE AEREE	18.00-19.00 TESSUTI OPEN	
19.15-20.15 POLE DANCE INTERMEDIO	19.15-20.15 CERCHIO OPEN	19.15-20.15 ACROBATICA	
20.30-21.30 POLE DANCE OPEN	20.30-21.30 CERCHIO OPEN	20.30-21.30 TESSUTI OPEN	

MERCOLEDÌ

SALA 1	SALA 2	SALA 3	SALA 4
	9.45-10.45 CERCHIO OPEN		
		11.00-12.00 ACROBATICA	
		12.15-13.15 TESSUTI OPEN	
13.30-14.30 POLE DANCE OPEN		13.30-14.30 TOTAL BODY	
		16.45-17.45 HATHA YOGA	
18.00-19.00 POLE DANCE OPEN	18.00-19.00 CERCHIO AVANZATO	18.00-19.00 POWER YOGA	
19.15-20.15 POLE DANCE OPEN	19.15-20.15 CERCHIO INTERMEDIO	19.15-20.15 BODY TRAINING	
20.30-21.30 POLE DANCE BASE	20.30-21.30 CERCHIO BASE 2/INT	20.30-21.30 YOGA AEREO	

GIOVEDÌ

SALA 1	SALA 2	SALA 3	SALA 4
9.45-10.45 POLE DANCE OPEN			
	11.00-12.00 CERCHIO OPEN		
12.00-13.00 POLE DANCE BASE			12.00-13.00 PILATES
		13.00-14.00 TESSUTI OPEN	13.15-14.15 BUNGEE FLY
13.30-14.30 POLE DANCE OPEN			16.45-17.45 BUNGEE FLY
18.00-19.00 POLE DANCE BASE	18.00-19.00 CERCHIO BASE	18.00-19.00 BARRE PILATES	18.00-19.00 BUNGEE FLY
19.15-20.15 POLE DANCE INTERMEDIO	19.15-20.15 CERCHIO OPEN	19.15-20.15 PILATES	19.15-20.15 BUNGEE FLY
20.30-21.30 POLE DANCE OPEN	20.30-21.30 AMACHE AEREE	20.30-21.30 TESSUTI OPEN	

VENERDÌ

SALA 1	SALA 2	SALA 3	SALA 4
		11.00-12.00 BARRE PILATES	
		12.15-13.15 FLESSIBILITÀ	
13.30-14.30 POLE DANCE OPEN		13.00-14.00 GAG	
16.45-17.45 POLE DANCE OPEN			
18.00-19.00 POLE DANCE OPEN	18.00-19.00 FLEX CONTORTION	18.00-19.00 TESSUTI OPEN	
19.15-20.15 POLE DANCE OPEN	19.15-20.15 ACROBATICA	19.15-20.15 GAG	
20.30-21.30 POLE DANCE OPEN	20.30-21.30 CERCHIO OPEN	20.30-21.30 TESSUTI OPEN	

SABATO

SALA 1	SALA 2	SALA 3	SALA 4
09.00-10.00 POLE DANCE BASE	09.00-10.00 AMACHE AEREE	09.00-10.00 ACROBATICA	09.00-10.00 PILATES
10.15-11.15 POLE DANCE INTERMEDIO	10.15-11.15 CERCHIO OPEN	10.15-11.15 TESSUTI OPEN	10.15-11.15 BUNGEE FLY
11.30-12.30 POLE DANCE OPEN	11.30-12.30 CERCHIO OPEN	11.30-12.30 POWER YOGA	11.30-12.30 FLESSIBILITÀ
12.45-13.45 POLE DANCE OPEN		12.45-13.45 YOGA AEREO	12.45-13.45 BARRE PILATES