

# PALINSESTO 2024

per info: 375 500 9230  
via Schiaparelli 12 - VR



## LUNEDÌ

SALA 1	SALA 2	SALA 3	SALA 4	SALA 5	SALA 6
				PERSONAL/SELF TRAINING	
11.00-12.00 POLE DANCE OPEN		11.00-12.00 TESSUTI OPEN			
	12.15-13.15 CERCHIO OPEN	12.15-13.15 FLESSIBILITÀ	13.00-14.00 ROCKET YOGA		
				13.30-14.30 CIRCUITO TRAINING	13.30-14.30 POLE SILK
16.45-17.45 POLE DANCE OPEN		16.45-17.45 PILATES			
18.00-19.00 POLE DANCE BASE	18.00-19.00 CERCHIO INTERMEDIO	18.00-19.00 BARRE PILATES		18.00-19.00 FLESSIBILITÀ	18.00-19.00 POLE SILK
19.15-20.15 POLE DANCE OPEN	19.15-20.15 CERCHIO AVANZATO	19.15-20.15 TESSUTI OPEN	19.15-20.15 BUNGEE FLY OPEN	19.15-20.15 FUNZIONALE	19.15-20.15 POLE EXOTIC
20.30-21.30 POLE DANCE BASE	20.30-21.30 CERCHIO INTERMEDIO	20.30-21.30 TESSUTI OPEN		20.30-21.30 CONTORSIONE	20.30-21.30 POLE COREO

## MARTEDÌ

SALA 1	SALA 2	SALA 3	SALA 4	SALA 5	SALA 6
				8.30-9.30 PILATES	
9.45-10.45 POLE DANCE OPEN					
12.00-13.00 POLE DANCE OPEN					
13.30-14.30 POLE DANCE OPEN	13.00-14.00 CERCHIO OPEN		13.15-14.15 PILATES		
16.45-17.45 POLE JUNIOR	16.45-17.45 CERCHIO JUNIOR	16.45-17.45 TESSUTI JUNIOR		13.15-14.15 BUNGEE FLY OPEN	
18.00-19.00 POLE DANCE BASE	18.00-19.00 CERCHIO BASE / BASE 2	18.00-19.00 TESSUTI OPEN		PERSONAL/SELF TRAINING	PERSONAL/SELF TRAINING
19.15-20.15 POLE DANCE OPEN	19.15-20.15 AMACHE AEREE	19.15-20.15 ACROBATICA		18.00-19.00 ANIMAL FLOW	18.00-19.00 POLE SILK
20.30-21.30 POLE DANCE INTERMEDIO	20.30-21.30 CERCHIO BASE	20.30-21.30 TESSUTI OPEN		19.15-20.15 ROCKET YOGA	19.15-20.15 POWER POLE
				20.30-21.30 FLESSIBILITÀ	20.30-21.30 POLE DANCE INT/AVAN

## MERCOLEDÌ

SALA 1	SALA 2	SALA 3	SALA 4	SALA 5	SALA 6
11.00-12.00 POLE DANCE OPEN	9.45-10.45 CERCHIO OPEN	11.00-12.00 ACROBATICA			
12.15-13.15 FLESSIBILITÀ		12.15-13.15 TESSUTI OPEN			
13.30-14.30 POLE DANCE OPEN			13.00-14.00 VINYASA YOGA		
				13.30-14.30 TOTAL BODY	
16.45-17.45 POLE DANCE OPEN		16.45-17.45 HATHA YOGA			PERSONAL/SELF TRAINING
18.00-19.00 POLE DANCE BASE	18.00-19.00 CERCHIO AVANZATO	18.00-19.00 POWER YOGA			
19.15-20.15 POLE DANCE INTERMEDIO	19.15-20.15 CERCHIO INTERMEDIO	19.15-20.15 YOGA AEREO			
20.30-21.30 POLE DANCE OPEN	20.30-21.30 CERCHIO INTERMEDIO	20.30-21.30 TESSUTI OPEN			
				16.45-17.45 TONE UP	16.45-17.45 POLE DANCE BASE
				18.00-19.00 PILATES	18.00-19.00 POLE DANCE OPEN
				19.15-20.15 BODY TRAINING	19.15-20.15 POLE FLOW
				20.30-21.30 PILATES	20.30-21.30 POLE DANCE BASE

## GIOVEDÌ

SALA 1	SALA 2	SALA 3	SALA 4	SALA 5	SALA 6
9.45-10.45 POLE DANCE OPEN					
12.00-13.00 POLE DANCE OPEN	11.00-12.00 CERCHIO OPEN				
13.30-14.30 POLE DANCE OPEN		13.00-14.00 TESSUTI OPEN	13.15-14.15 BUNGEE FLY COREO	13.15-14.15 PILATES	
16.45-17.45 POLE DANCE JUNIOR	16.45-17.45 CERCHIO JUNIOR	16.45-17.45 TESSUTI JUNIOR			16.45-17.45 ACROBATICA JUNIOR
18.00-19.00 POLE DANCE BASE	18.00-19.00 CERCHIO OPEN	18.00-19.00 TESSUTI BASE	18.00-19.00 BUNGEE FLY OPEN	18.00-19.00 FLESSIBILITÀ	18.00-19.00 POLE DANCE INTERMEDIO
19.15-20.15 POLE DANCE INTERMEDIO	19.15-20.15 CERCHIO BASE	19.15-20.15 ACROBATICA	19.15-20.15 BUNGEE FLY COREO	19.15-20.15 ROCKET YOGA	19.15-20.15 FLESSIBILITÀ
20.30-21.30 POLE DANCE OPEN		20.30-21.30 TESSUTI INTERMEDIO		20.30-21.30 ANIMAL FLOW	20.30-21.30 POLE SILK

## VENEDÌ

SALA 1	SALA 2	SALA 3	SALA 4	SALA 5	SALA 6
11.00-12.00 POLE SILK					
12.15-13.15 FLESSIBILITÀ					
13.30-14.30 POLE DANCE OPEN					
				13.00-14.00 GAG	
				16.45-17.45 COMING SOON...	
18.00-19.00 POLE DANCE OPEN	18.00-19.00 AMACHE AEREE	18.00-19.00 TESSUTI INTERMEDIO	18.00-19.00 COMING SOON...	18.00-19.00 COMING SOON...	
19.15-20.15 POLE DANCE BASE	19.15-20.15 CERCHIO OPEN	19.15-20.15 TESSUTI BASE		19.15-20.15 GAG	19.15-20.15 POLE DANCE INTERMEDIO
20.30-21.30 POLE DANCE INTERMEDIO	19.15-20.15 CERCHIO BASE	20.30-21.30 TESSUTI OPEN		20.30-21.30 PILATES	20.30-21.30 POLE DANCE BASE

## SABATO

SALA 1	SALA 2	SALA 3	SALA 4	SALA 5	SALA 6
09.00-10.00 POLE DANCE INTERMEDIO	09.00-10.00 AMACHE AEREE	09.00-10.00 ACROBATICA	09.00-10.00 PILATES		09.00-10.00 POLE DANCE BASE
10.15-11.15 POLE DANCE OPEN	10.15-11.15 CERCHIO OPEN	10.15-11.15 TESSUTI OPEN	10.15-11.15 BUNGEE FLY OPEN	10.15-11.15 FLESSIBILITÀ BASE	10.15-11.15 POLE DANCE OPEN
11.30-12.30 POLE DANCE INTERMEDIO	11.30-12.30 CERCHIO OPEN	11.30-12.30 POWER YOGA	11.30-12.30 BUNGEE FLY COREO	11.30-12.30 FLESSIBILITÀ INTERMEDIA	11.30-12.30 POLE EXOTIC
12.45-13.45 POLE DANCE OPEN	12.45-13.45 CERCHIO OPEN	12.45-13.45 YOGA AEREO			12.45-13.45 POLE SILK