

PALINSESTO 2024

per info: 375 500 9230
via Schiaparelli 12 - VR



LUNEDÌ

SALA 1	SALA 2	SALA 3	SALA 4	SALA 5	SALA 6
11.00-12.00 POLE DANCE OPEN		12.15-13.15 FLESSIBILITÀ	11.00-12.00 BUNGEE FLY	PERSONAL/SELF TRAINING	PERSONAL/SELF TRAINING
13.30-14.30 POLE DANCE OPEN		13.30-14.30 BARRE PILATES			
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		18.00-19.00 FIT BOXE	
19.15-20.15 POLE SILK	19.15-20.15 CERCHIO AVANZATO	19.15-20.15 TESSUTI OPEN	19.15-20.15 BUNGEE FLY	19.15-20.15 FUNZIONALE	19.15-20.15 POLE COREO
20.30-21.30 POLE DANCE BASE	20.30-21.30 CERCHIO BASE 2/INT	20.30-21.30 BARRE PILATES		20.30-21.30 FLEX CONTORTION	

MARTEDÌ

SALA 1	SALA 2	SALA 3	SALA 4	SALA 5	SALA 6
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			13.15-14.15 PILATES
13.30-14.30 POLE DANCE OPEN					
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	SALA 5	SALA 6
	9.45-10.45 CERCHIO OPEN	11.00-12.00 ACROBATICA			
13.30-14.30 POLE DANCE OPEN		12.15-13.15 TESSUTI OPEN			
		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			18.00-19.00 POLE SILK
19.15-20.15 POLE DANCE OPEN	19.15-20.15 CERCHIO INTERMEDIO	19.15-20.15 YOGA AEREO		19.15-20.15 BODY TRAINING	19.15-20.15 POLE COREO
20.30-21.30 POLE DANCE BASE	20.30-21.30 CERCHIO BASE 2/INT			20.30-21.30 FIT BOXE	

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GIOVEDÌ

SALA 1	SALA 2	SALA 3	SALA 4	SALA 5	SALA 6	
9.45-10.45 POLE DANCE OPEN	11.00-12.00 CERCHIO OPEN			PERSONAL/SELF TRAINING	PERSONAL/SELF TRAINING	
12.00-13.00 POLE DANCE BASE						
13.30-14.30 POLE DANCE OPEN	13.00-14.00 TESSUTI OPEN	13.15-14.15 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 OPEN	19.15-20.15 CERCHIO OPEN	19.15-20.15 PILATES	19.15-20.15 BUNGEE FLY			19.15-20.15 FLESSIBILITÀ
20.30-21.30 POLE DANCE OPEN		20.30-21.30 TESSUTI OPEN				

VENERDÌ

SALA 1	SALA 2	SALA 3	SALA 4	SALA 5	SALA 6
		12.15-13.15 FLESSIBILITÀ			11.00-12.00 POLE SILK
13.30-14.30 POLE DANCE OPEN				13.00-14.00 GAG	PERSONAL/SELF TRAINING
18.00-19.00 POLE DANCE OPEN	18.00-19.00 CERCHIO OPEN	18.00-19.00 TESSUTI OPEN		19.15-20.15 GAG	
19.15-20.15 POLE DANCE OPEN	19.15-20.15 ACROBATICA	19.15-20.15 TESSUTI OPEN			

SABATO

SALA 1	SALA 2	SALA 3	SALA 4	SALA 5	SALA 6	
09.00-10.00 POLE DANCE BASE	09.00-10.00 AMACHE AREE	09.00-10.00 ACROBATICA	09.00-10.00 PILATES	PERSONAL/SELF TRAINING	PERSONAL/SELF TRAINING	
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 BUNGEE FLY			11.30-12.30 FLESSIBILITÀ
12.45-13.45 POLE DANCE OPEN		12.45-13.45 YOGA AEREO				