

A.S.D BALLETT CENTER ACCADEMY DANZA E FITNESS
PALINSESTO 2019/2020



SALA FITNESS

| <u>LUNEDI</u> ORARI | | <u>MARTEDI</u> ORARI | | <u>MERCOLEDI</u> ORARI | | <u>GIOVEDI</u> ORARI | | <u>VENERDI</u> ORARI | |
|------------------------|---------------|-------------------------|---------------|---------------------------|---------------|-------------------------|---------------|-------------------------|---------------|
| MATTINA | | | | | | | | | |
| 8.30-9.20 | PILATES | 9.00-10.00 | PILATES | 8.30-9.20 | PILATES | 9.00-10.00 | PILATES | 8.30-9.20 | PILATES |
| 9.30-10.20 | TRX/FUNCIONAL | 10.00-11.00 | TRX/FUNCIONAL | 9.30-10.20 | TRX/FUNCIONAL | 10.00-11.00 | TRX/FUNCIONAL | 9.30-10.20 | TRX/FUNCIONAL |
| 10.30-11.20 | | 11.00-12.00 | | 10.30-11.20 | | 11.00-12.00 | | 10.30-11.20 | |
| 11.30-12.30 | | 12.00-13.00 | | 11.30-12.30 | | 12.00-13.00 | | 11.30-12.30 | |
| 13.30-14.30 | TRX/FUNCIONAL | 13.30-14.30 | | 13.30-14.30 | TRX/FUNCIONAL | 13.30-14.30 | | 13.30-14.30 | TRX/FUNCIONAL |
| POMERIGGIO | | | | | | | | | |
| 16.00-17.00 | PILATES | | | 16.00-17.00 | PILATES | | | | |
| 17.00-17.50 | TRX/FUNCIONAL | 16.30-17.20 | PILATES | 17.00-17.50 | TRX/FUNCIONAL | 16.30-17.30 | PILATES | | |
| 18.00-18.50 | | 17.30-18.20 | TRX/FUNCIONAL | 18.00-18.50 | | 17.30-18.30 | TRX/FUNCIONAL | | |
| 19.00-19.50 | | 18.30-19.30 | | 19.00-19.50 | | 18.30-19.30 | | | |
| | | 19.30-20.30 | | | | 19.30-20.30 | | | |

SALA DANZA

| LUNEDI ORARI | | MARTEDI ORARI | | MERCOLEDI ORARI | | GIOVEDI ORARI | | VENERDI ORARI | |
|------------------------|-----------------|-------------------------|-------------------|---------------------------|-----------------|-------------------------|-------------------|-------------------------|-----------------|
| 16.00-17.00 | GIOCODANZA 3/5 | | | 16.00-17.00 | GIOCODANZA 3/5 | | | | |
| 17.00-18.00 | DANZA 2 LIVELLO | 16.30-17.30 | GIOCODANZA 4/5 | 17.00-18.00 | DANZA 2 LIVELLO | 16.30-17.30 | GIOCODANZA 4/5 | 17.00-18.00 | DANZA 2 LIVELLO |
| 18.00-19.00 | DANZA 3 LIVELLO | 17.30-18.30 | GIOCODANZA 7 ANNI | 18.00-19.00 | DANZA 3 LIVELLO | 17.30-18.30 | GIOCODANZA 7 ANNI | 18.00-19.00 | DANZA 3 LIVELLO |
| 19.00-20.00 | DANZA UNDER | 18.30-19.30 | DANZA NEW | 19.00-20.00 | DANZA UNDER | 18.30-19.30 | DANZA NEW | 19.00-20.00 | DANZA UNDER |
| 20.00-21.00 | DANZA AVANZATO | 19.30-20.30 | DANZA OVER | 20.00-21.00 | DANZA AVANZATO | 19.30-20.30 | DANZA OVER | 20.00-21.00 | DANZA OVER |
| | | 20.30-21.30 | DANCE ANNI 70 | | | 20.30-21.30 | DANCE ANNI 70 | | |

SALA FITNESS-DANZA

| LUNEDI ORARI | | MARTEDI ORARI | | MERCOLEDI ORARI | | GIOVEDI ORARI | | VENERDI ORARI | |
|------------------------|-----------------|-------------------------|--------------|---------------------------|-----------------|-------------------------|--------------|-------------------------|-------------------|
| 18.00-19.00 | DANZA 3 LIVELLO | 18.30-19.30 | HIP HOP KIDS | 18.00-19.00 | DANZA 3 LIVELLO | 18.30-19.30 | HIP HOP KIDS | 17.00-18.00 | GIOCODANZA 7 ANNI |
| 19.00-20.00 | DANZA UNDER | | | 19.00-20.00 | DANZA UNDER | 20.30-21.30 | DANZA UNDER | 18.00-19.00 | DANZA 3 LIVELLO |
| 20.00-21.00 | HIP HOP OVER | | | 20.00-21.00 | HIP HOP OVER | | | 19.00-20.00 | DANZA UNDER |
| | | | | | | | | 20.00-21.00 | HIP HOP GRANDI |