

SPAZIO DANZA

ORARI RONCADELLE

LUNEDI

	SALA 1	SALA 2	SALA 3	SALA 4
10.00			BENDABILITY 10.00/11.00	
10.30				
11.00			AEREA 11.00/12.00	
11.30				
14.30				
15.00	ABILITY 14.45			
16.00				
16.30		GINNASTICA POSTURALE 16.00/17.00		EXOTIK 16.15/17.30
17.00				
17.30		AEREA ELEMENTARI 17.00/18.00		POLE INTERMEDIO AVANZATO 17.30/18.45
18.00	PILATES 17.30/18.30	METHODICAL BENDABILITY 18.00/19.00		
18.30	PILATES 18.30/19.30			
19.00		AEREA 19.00/20.00		EXOTIK 18.45/20.00
19.30	REGGAETON AVANZATO 19.30/20.30			
20.00		CARAIBICO BASE 20.00/21.15	AEREA 20.00/21.00	POLE INTERMEDIO AVANZATO 20.00/21.15
20.30	COUNTRY BASE 20.30/21.30			
21.00		CARAIBICO INTERMEDIO 21.15/22.30		POLE OPEN CLASS 21.15/22.30
21.30	COUNTRY INTERMEDIO 21.30/22.30			
22.00				

MARTEDI

	SALA 1	SALA 2	SALA 3	SALA 4
10.00				POLE OPEN CLASS 10.00/11.15
10.30				
11.00				
16.00				
16.30				POLE OPEN CLASS 16.15/17.30
17.00	PROPEDEUTICA 16.30/17.30			
17.30		AEREA ELEMENTARI 17.00/18.00		POLE BASE INTERMEDIO 17.30/18.45
18.00	DANZA CLASSICA 7/9 ANNI 17.30/18.45		AEREA MEDIE 18.00/19.00	
18.30				
19.00	DANZA CLASSICA 10 ANNI E OLTRE 18.45/20.00		AEREA 19.00/20.00	POLE INTERMEDIO AVANZATO 20.00/21.15
19.30				
20.00	REGGAETON INTERMEDIO 20.00/21.00	LADY STYLE BASE 20.00/21.00	AEREA 20.00/21.00	FLEXY 20.00/21.00
20.30				
21.00		CARAIBICO AVANZATO 2 21.00/22.15		HEELS 21.00/22.00
21.30				
22.00				

MERCOLEDI

	SALA 1	SALA 2	SALA 3	SALA 4
16.00		GINNASTICA POSTURALE 16.00/17.00		
16.30				
17.00				
17.30		MODERN BABY 17.30/18.30		CONTEMPORARY 17.30/18.45
18.00				
18.30	HIP HOP JUNIOR 18.30/19.30	MODERN JUNIOR 18.30/19.30		POLE BASE INTERMEDIO 18.45/20.00
19.00				
19.30	COUNTRY AVANZATO 1 19.30/20.30			POLE INTERMEDIO AVANZATO 20.00/21.15
20.00		CARAIBICO AVANZATO 20.00/21.15	CARAIBICO INTERMEDIO 20.00/21.15	
20.30	COUNTRY BASE 2 20.30/21.30			
21.00		MAN STYLE 21.15/22.15	CARAIBICO BASE 21.15/22.30	EXOTIK 21.15/22.30
21.30	COUNTRY AVANZATO 2 21.30/22.30			
22.00				

GIOVEDI

	SALA 1	SALA 2	SALA 3	SALA 4
10.00			BENDABILITY 10.00/11.00	POLE 10.00/11.15
10.30				
11.00			AEREA 11.00/12.00	
11.30				
16.00				
16.30				POLE OPEN CLASS 16.15/17.30
17.00				
17.30			AEREA ELEMENTARI 17.00/18.00	POLE BASE INTERMEDIO 17.30/18.45
18.00	PILATES 17.30/18.30			
18.30		LATIN GYM/FITNESS 18.00/19.00	AEREA MEDIE 18.00/19.00	
19.00	PILATES 18.30/19.30			POLE INTERMEDIO AVANZATO 18.45/20.00
19.30		REGGAETON BASE 19.00/20.00	AEREA 19.00/20.00	
20.00				
20.30	CARAIBICO PRE INTERMEDIO 20.00/21.15	CARAIBICO COREOGRAFICO 20.00/21.15	AEREA 20.00/21.00	CONTEMPORARY 20.00/21.15
21.00				
21.30	CARAIBICO AVANZATO 21.15/22.30	BACHATA SENSUAL 21.15/22.30		POLE OPEN CLASS 21.15/22.30
22.00				

VENERDI

	SALA 1	SALA 2	SALA 3	SALA 4
16.30			BABY DANCE 17.30/18.30	
17.00	DANZA CLASSICA 7/9 ANNI 17.00/18.15		HIP HOP BABY 17.30/18.30	POLE INTERMEDIO AVANZATO 17.00/18.15
17.30				
18.00	DANZA CLASSICA 10 ANNI E OLTRE 18.15/19.30	MODERN 18.30/19.30	HIP HOP JUNIOR 18.30/19.30	POLE BASE INTERMEDIO 18.15/19.30
18.30				
19.00		MODERN JUNIOR 19.30/20.30		HEELS 19.30/20.30
19.30	BALLI DI GRUPPO 19.30/20.30			
20.00		DANZE STANDARD BASE 20.30/21.30		
20.30				
21.00				
21.30		DANZE STANDARD 21.30/22.30		
22.00				
22.45				

SABATO

	SALA 1	SALA 2	SALA 3	SALA 4
10.00			BENDABILITY 10.00/11.00	
10.30				
11.00			AEREA 11.00/12.00	
11.30				
14.00				
14.30				
15.00			AEREA AGONISMO 14.00/16.00	
15.30				

SALA 5 - PALESTRA PESI

APERTA TUTTI I GIORNI DALLE 8 ALLE 20 E IL SABATO DALLE 10 ALLE 17