

SPAZIO DANZA

ORARI GUSSAGO

LUNEDI

	SALA 1	SALA 2
8.30	PILATES 8.30/9.30	
9.00		
9.30	STEP 9.30/10.30	
10.00		
10.30		
11.00		
15.00		
15.30		
16.00		
16.30		
17.00		
17.30		
18.00		
18.30		
19.00		
19.30		
20.00	CARAIBICO BASE 20.00/21.15	ZUMBA FITNESS+ADD 20.30/21.30
20.30		
21.00	CARAIBICO INTERMEDIO 21.15/22.30	
21.30		
22.00		

MERCOLEDI

MARTEDI

	SALA 1	SALA 2
8.30		
9.00		
9.30		
10.00	GINNASTICA POSTURALE 10.00/11.00	
10.30		
11.00		
15.00	GINNASTICA POSTURALE 15.00/16.00	
15.30		
16.00	GINNASTICA POSTURALE 16.00/17.00	
16.30		
17.00		
17.30		HIP HOP BABY 17.30/18.30
18.00		
18.30	MODERN BABY 18.00/19.00	HIP HOP JUNIOR 18.30/19.30
18.30		
19.00		
19.30		
20.00	CARAIBICO OVER 20.00/21.15	DANZE STANDARD BASE 20.00/21.15
20.30		
21.00	CARAIBICO OVER 21.15/22.30	
21.30		
22.00		

GIOVEDI

	SALA 1
8.30	
9.00	
9.30	
10.00	
10.30	
11.00	
15.00	PILATES 15.00/16.00
15.30	
16.00	
16.30	
17.00	CARAIBICO BABY 1° 17.00/18.00
17.30	
18.00	CARAIBICO BABY 12° 18.00/19.00
18.30	
19.00	PILATES BASE 19.00/20.00
19.30	
20.00	PILATES INTERMEDIO 20.15/21.15
20.30	
21.00	
21.30	
22.00	

	SALA 1	SALA 2
8.30		
9.00		STEP 9.00/10.00
9.30		
10.00	GINNASTICA POSTURALE 9.30/10.30	
10.30		
11.00		
15.00	GINNASTICA POSTURALE 15.00/16.00	
15.30		
16.00	GINNASTICA POSTURALE 16.00/17.00	
16.30		
17.00	BABY DANCE 17.00/18.00	
17.30		
18.00	HIP HOP BABY 18.00/19.00	MASBABY 18.15/19.30
18.30		
19.00	HIP HOP JUNIOR 19.00/20.00	LADY STYLE 19.30/20.30
19.30		
20.00	COUNTRY BASE 20.00/21.00	MASLADY
20.30		
21.00	COUNTRY INTERMEDIO 21.00/22.00	
21.30		
22.00		

VENERDI

	SALA 1
8.30	
9.00	
9.30	
10.00	
10.30	
11.00	
15.00	PILATES 15.00/16.00
15.30	
16.00	
16.30	
17.00	ESPRESSIONE CORPOREA BABY 17.00/18.00
17.30	
18.00	PILATES BASE 18.15/19.15
18.30	
19.00	PILATES INTERMEDIO 19.30/20.30
19.30	
20.00	
20.30	
21.00	
21.30	
22.00	