

SPAZIO DANZA

ORARI RONCADELLE

LUNEDI

	SALA 1	SALA 2	SALA 3	SALA 4	SALA 5
10.00			PICCOLI GRUPPI AEREA		
10.30					
11.00					
11.30					
16.00		AEREA 16.00/17.00		GINNASTICA POSTURALE 16.00/17.00	POLE DANCE
16.30					
17.00	CAPOERIA ELEMENTARI 17.00/18.00	AEREA ELEMENTARI 17.00/18.00	BREAK DANCE 17.00/18.00		
17.30				PILATES 17.30/18.30	
18.00	CAPOERIA MEDIE 18.00/19.00	METHODICAL BENDABILITY 18.00/19.00		PILATES 18.30/19.30	
18.30		AEREA 19.00/20.00		KARATE 19.30/20.30	
19.00	COUNTRY INTERMEDIO 20.30/21.30	AEREA 20.00/21.00	SALSA CUBANA 20.00/21.00	MAMBO SHINE ON1 20.30/21.30	
19.30	COUNTRY BASE 20.30/21.30			COREO MAMBO SHINE 21.30/22.30	
20.00	COUNTRY BASE 21.30/22.30		PRE INTERMEDIO 21.00/21.15		
21.30					
22.00					
22.45					

MARTEDI

	SALA 1	SALA 2	SALA 3	SALA 4	SALA 5
16.00					POLE DANCE
16.30					
17.00		AEREA ELEMENTARI 17.00/18.00			
17.30					
18.00	LATIN GYM FITNESS 18.00/18.45	AEREA MEDIE 18.00/19.00			
18.30	REGGAETON BASE 19.00/20.00	AEREA 19.00/20.00		FUNZIONALE 18.30/19.30	
19.00	LADY STYLE BASE 20.00/21.00	AEREA 20.00/21.00	CARAIBICO BASE 20.00/21.15	MODERN JUNIOR 19.30/20.30	
19.30	CARAIBICO AVANZATO 2 21.00/22.15		CARAIBICO INTERMEDIO 21.15/22.30	REGGAETON PRE AVANZATO 20.30/21.30	
20.00					
20.30					
21.00					
21.30					
22.00					
22.45					

MERCOLEDI

	SALA 1	SALA 2	SALA 3	SALA 4	SALA 5
16.00	GINNASTICA POSTURALE 16.00/17.00				POLE DANCE
16.30		PROPEDEUTICA 16.30/17.30			
17.00			HIP HOP BABY 17.00/18.00		
17.30		DANZA CLASSICA 7/9 ANNI 17.30/18.45	HIP HOP JUNIOR 18.00/19.00		
18.00		DANZA CLASSICA OLTE10 ANNI 18.45/20.00	VIDEO DANCE 19.00/20.00	REGGAETON INTERMEDIO 19.00/20.00	
18.30				REGGAETON AVANZATO 20.00/21.00	
19.00	COUNTRY AVANZATO 1 19.30/20.30	CARAIBICO AVANZATO SPECIAL 20.00/21.15	CARAIBICO AVANZATO 20.00/21.15	KIZOMBA 21.00/22.00	
19.30	COUNTRY INTERMEDIO 2 20.30/21.30	MAN STYLE 21.15/22.15	CARAIBICO BASE 21.15/22.30		
20.00	COUNTRY AVANZATO 2 21.30/22.30				
20.30					
21.00					
21.30					
22.00					
22.45					

GIOVEDI

	SALA 1	SALA 2	SALA 3	SALA 4	SALA 5
10.00			PICCOLI GRUPPI AEREA		
10.30					
11.00					
11.30					
16.00					POLE DANCE
16.30					
17.00	CARAIBICO BABY 17.00/18.00	AEREA ELEMENTARI 17.00/18.00		CAPOEIRA ELEMENTARI 17.00/18.00	
17.30		AEREA MEDIE 18.00/19.00		CAPOEIRA MEDIE 18.00/19.00	
18.00	PILATES 18.30/19.30	AEREA 19.00/20.00		KARATE 19.00/20.00	
18.30	MODERN JUNIOR 19.30/20.30	CARAIBICO INTERMEDIO 20.00/21.15	AEREA 20.00/21.00	YOGA 20.00/21.15	
19.00	CARAIBICO COREOGRAFICO 20.30/21.30			BOLLYWOOD 21.15/22.15	
19.30	BACHATA SENSUAL 21.230/22.30	CARAIBICO AVANZATO 21.15/22.30			
20.00					
20.30					
21.00					
21.30					
22.00					
22.30					

VENERDI

	SALA 1	SALA 2	SALA 3	SALA 4	SALA 5
14.30					POLE DANCE
15.00		ABILITY 14.45/15.45			
15.30		ABILITY 15.45/16.45			
16.00					
16.30	BABY DANCE 16.30/17.30	DANZA CLASSICA 7/9 ANNI 17.00/18.15		MODERN JUNIOR 8/10 ANNI 17.30/18.30	
17.00	HIP HOP BABY 17.30/18.30	DANZA CLASSICA OLTE10 ANNI 18.15/19.30		FUNCTIONAL DANCE TRAINING 18.30/19.30	
17.30	HIP HOP JUNIOR 18.30/19.30	MODERN JUNIOR 19.30/20.30		MODERN COMPETITORS 19.30/20.30	
18.00		DANZE STANDARD BASE 20.30/21.30			
18.30	BOOGIE 19.30/20.30	DANZE STANDARD 21.30/22.45			
19.00					
19.30					
20.00					
20.30					
21.00					
21.30					
22.00					
22.30					

SABATO

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