

# A.S.D. NEW DANCE STUDIO PLANNING A.S. 2022 2023

LUNEDÌ		MARTEDÌ		MERCOLEDÌ		GIOVEDÌ		VENERDÌ		SABATO		DOMENICA
										9:00 9:50	PILATES MATWORK & STRETCHING ARIANNA	<b>LEZIONI REGISTRATE</b> DALLE 9:30 ALLE 23:30
										10:00 10:50	BODY SCULPT ARIANNA E ANDREA	
12:50 13:40	T.B.W. ENERGY ARIANNA			12:50 13:40	OLISTIC WORKOUT® E PILATES ARIANNA	12:50 13:40	BODY SCULPT ANDREA					
								14:30 15:20	TOTAL TONE PATRIZIA			
16:40 17:30	MOVIDA FITNESS® YOUNG (DAI 6 ANNI) MATILDE						17:00 17:50	OLISTIC WORKOUT® DANIELA	17:00 17:50	MOVIDA FITNESS® & COREOGRAPHY (DAI 10 ANNI) MATILDE E YLENIA		
17:40 18:30	OLISTIC WORKOUT® DANIELA	18:00 18:50	STEP TONE & ABS PATRIZIA	18:00 18:50	STEP COREOGRAFICO MONICA	18:10 18:50	FULL BODY 40' ARIANNA E ANDREA	18:00 18:30	G & G 30' FOCUS GAMBE E GLUTEI MATILDE			
18:40 19:30	FULL BODY WORKOUT ARIANNA E ANDREA	19:00 19:50	M.E.T. FIT (METABOLIC EXERCISE TRAINING) SILVIA	19:00 19:50	POWER G.A.G. ARIANNA	19:00 19:50	MOVIDA FITNESS® ARIANNA SILVIA YLENIA	18:40 19:30	PUMP & BODY TONE ANDREA			
19:40 20:30	MOVIDA FITNESS® ARIANNA MATILDE	20:00 20:50	OLISTIC WORKOUT® E PILATES ARIANNA	20:00 20:50	TOTAL BODY CIRCUIT ANDREA	20:00 20:50	OLISTIC WORKOUT® E PILATES ARIANNA	19:40 20:30	COUNTRY FITNESS® MONICA E FABIA			
20:40 21:40	HIP HOP & COREOGRAPHY EDDY							20:40 21:40	HIP HOP & COREOGRAPHY EDDY			

## CORSI YOUNG

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GLI ORARI E LE LEZIONI POTRANNO SUBIRE VARIAZIONI COME DA REGOLAMENTO