

ALBINEA SALA A

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
6.45-7.45 HATHA YOGA CRISTINA				
		9.00-10.00 HATHA YOGA MICHELA		
9.30-10.20 GINNASTICA DOLCE RITA	9.30-10.20 SPRING E CHAIR RITA	10.00-11.00 HATHA YOGA MICHELA	9.30-10.20 SPRING E MAT STELLA/SIMONA	10.00-10.50 GINNASTICA DOLCE SIMONA
			10.20-11.10 WORKOUT STELLA/SIMONA	
	12.45-13.45 POLE DANCE		12.30-13.30 POLE DANCE	
	13.45-14.45 POLE DANCE		13.45-14.45 POLE DANCE	
14.00-14.50 WORKOUT RITA				
	16.30-17.20 AVVIAMENTO DANZA MODERNA STELLA			16.30-17.20 AVVIAMENTO DANZA CLASSICA STELLA
	17.30 -18.30 WORKOUT STELLA	17.30-18.20 WORKOUT SIMO	17.30-18.20 WORKOUT CAROL	17.30-18.30 SPRING E CHAIR STELLA
18.15-19.05 SPRING E CHAIR JAN	18.30-19.30 SPRING E CHAIR JAN	18.30-19.20 TOTAL BODY ELENA	18.30-19.20 WORKOUT CAROL	18.45-19.45 POLE DANCE FRANCY
19.15-20.15 SPRING E CHAIR JAN	19.30-20.30 SPRING E MAT JAN	19.40-20.30 POLE DANCE FRANCY	19.30-20.20 TUTTOSODO CARLOTTA	20.00-21.00 POLE DANCE FRANCY
20.30-21.30 SALSA E BACHATA	20.30-21.20 SPRING E MAT JAN	20.40-21.30 POLE DANCE FRANCY	20.30-21.20 SPRING E MAT CARLOTTA	21.10-22.40 DANZA MODERNA GIUSE
21.40-22.40 SALSA E BACHATA 2				