

	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
09.00		Movida e Yoga Pilates	Yoga - 1 ore		Movida e Yoga Pilates	<p>Ore 10.00 – Modern Grade 5 1.30 ore</p> <p>Ore 11.00 – Modern Intern 1.30 ore</p> <p>Ore 12.45 – Modern Grade 4 1.30 ore</p> <p>Ore 14.30 – Laboratorio coreografico</p>
09.15	Pilates 1 ore			Pilates 1 ore		
09.30		Ballet Prof. 1.30 ore				
10.30	Yoga Pilates					
13 -14			13.30 Pre-Primary (4/6 anni) 14.15 Primary Grade I (anni 7/9)	14.30 Straching - Pilates 1 ore		
16.30		Modern Grade 4 1.30 ore / 9 - 11	14.15 HIP HOP kids 1h30)			
16.45	Ballet Grade 1 anni 6 - 8					
17.00		Modern ISTD Grade II/III x 1h				
17.15		1 ore / 8 - 12	Ballet Intern 1.30 ore			
17.45	Ballet Grade 2 / anni 9 - 12					
18.00		Modern ISTD Grade IV x 1h		Modern Grade 5 1.30 ore	Barre au Sol 1.30 ore	
18.15						
19.00	Ballet Intern 1.30 ore	Modern ISTD Intermediate Found. x 1h30	Pilates 1 ore	Ballet Beginner 1 ore		
19.15						
19.30				Contemporary Horton / 1.30 ore	Ballet Pointe work 1 ore	
20.30	Zumba 0.45 ore			Zumba 0.45 ore		