



# PLANNING 2024-25



NEWDANCESTUDIO.PALESTRA@GMAIL.COM

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
9:30 - 10.20 SALA 1 OLISTIC WORKOUT® PILATES & STRETCH DANIELA	9:30 - 10:20 SALA 1 GYM TONIC & SLIM ARIANNA		9:30 - 10:20 SALA 1 GYM TONIC & SLIM ARIANNA	9:30 - 10.20 SALA 1 OLISTIC WORKOUT® PILATES & STRETCH DANIELA	9:10 - 10:00 SALA 1 OLISTIC WORKOUT® E AUTOMASSAGGIO ARIANNA
12:50 - 13:40 SALA 1 T.B.W.ENERGY ARIANNA		12:50 - 13:40 SALA 1 OLISTIC WORKOUT® PILATES & STRETCH ARIANNA	13:00 - 13:50 SALA 1 T.B.W. ANDREA	12:50 - 13:40 SALA 1 BASIC STEP & TONE MONICA	10:10 - 11:00 SALA 1 TOTAL BODY SCULPT ANDREA
16:40 - 17:30 SALA 2 COREOGRAPHY PRINC YLENIA DAI 4 ANNI	17:00 - 17:30 SALA 1 POTENZIAMENTO COREOGRAPHY ADV MATILDE E YLENIA DAI 10 ANNI			17:00 - 17:50 SALA 1 COREOGRAPHY ADV MATILDE E YLENIA DAI 10 ANNI	
17:30 - 18:20 SALA 1 OLISTIC WORKOUT® PILATES & STRETCH DANIELA	17:30 - 18:20 SALA 1 COREOGRAPHY ADV MATILDE E YLENIA DAI 10 ANNI	17:00 - 17:50 SALA 1 COREOGRAPHY INT MATILDE E YLENIA DAI 7 ANNI	17:20 - 18:10 SALA 1 OLISTIC WORKOUT® PILATES & STRETCH DANIELA	17:10 - 17:50 SALA 2 STRETCHING MIOFASCIALE 40' ARIANNA	
17:40 - 18:30 SALA 2 COREOGRAPHY INT MATILDE E YLENIA DAI 7 ANNI	17:30 - 18:10 SALA 2 T.B.W. 40' MINICLASS ANDREA	18:00 - 18:50 SALA 1 GYM TONIC & SLIM ARIANNA	18:10 - 18:40 SALA 2 ADDOMINALI 30' MATILDE	18:00 - 18:50 SALA 1 G.A.G. CIRCUIT TRAINING MATILDE	
18:30 - 19:00 SALA 1 G&G 30' FOCUS GAMBE E GLUTEI MATILDE	18:50 - 19:40 SALA 1 G.A.G. CIRCUIT TRAINING ARIANNA	18:40 - 19:30 SALA 2 PILATES MOBILITY & STRETCH DANIELA	18:40 - 19:30 SALA 1 STEP COREO MONICA	19:00 - 19:40 SALA 2 MOVIDA FITNESS® ARIANNA, MATILDE, YLENIA	
19:10 - 20:00 SALA 1 MOVIDA FITNESS® ARIANNA, MATILDE, YLENIA	19:10 - 20:00 SALA 2 COUNTRY FITNESS® MONICA	19:00 - 19:40 SALA 1 FAT BURNER 40' INTERVAL TRAINING ANDREA		19:00 - 19:50 SALA 1 PUMP & BODY TONE ANDREA	
20:10 - 21:00 SALA 1 TOTAL BODY CIRCUIT ANDREA	19:50 - 20:40 SALA 1 OLISTIC WORKOUT® PILATES & STRETCH ARIANNA	19:50 - 20:40 SALA 1 FULL BODY ARIANNA, ANDREA	19:50 - 20:40 SALA 1 FUNCTIONAL CIRCUIT TRAINING ADV ARIANNA MATILDE ANDREA	20:00 - 20:50 SALA 1 OLISTIC WORKOUT® PILATES & STRETCH ARIANNA	