PLANNING CORSI 2026–27 — **TERRASSA PADOVANA**

MATTINA E PAUSA PRANZO

ORA	LUN • S1	LUN • S2	MAR • S1	MAR • S2	MER • S1	MER • S2	GIO • S1	GIO • S2	VEN • S1	VEN • S2	SAB • S1	SAB • S2
05:45												
06:00												
06:15												
06:30												
06:45												
07:00												
07:15												
07:30												
07:45												
08:00												
08:15												
08:30												
08:45												
09:00			FLEXIBILITY	YOGA EQUILIBRIO	TONE & JUMP				TONE & JUMP			
09:15			08:45	08:10	08:40			REFORMER	08:40			
09:30								09:00				
09:45												
10:00												
10:15				POLE DANCE								
10:30				10:00				REFORMER				
10:45								10:15				
11:00												
11:15												
11:30												
11:45												
12:00												
12:15												
12:30												
12:45												
13:00												
13:15					POWER JUMP	FLEXIBILITY		REFORMER	POWER JUMP			
13:30			YOGA SCULPT		13:00	13:00		13:00	13:00			
13:45			13:15									
14:00												
14:15						POLE DANCE			POWER JUMP			POLE KIDS
14:30						14:00			14:10			14:00
14:45												

15:00												
15:15												
15:30												
15:45												
POMERIGGIO E SERA												
ORA	**LUN • S1**	**LUN • S2**	**MAR • S1**	**MAR • S2**	**MER • S1**	**MER • S2**	**GIO • S1**	**GIO • S2**	**VEN • S1**	**VEN • S2**	**SAB • S1**	**SAB • S2**
16:00												
16:15												
16:30				DANZA CONTEMPORANEA 16:30				REFORMER 16:30				
16:45		HIP HOP KIDS 16:45			HIP HOP KIDS 16:45							
17:00									BREAKING 17:30			
17:15												
17:30												
17:45		HIP HOP TEENS 17:45	TONE & JUMP 17:45	DANZA CONTEMPORANEA 17:30	HIP HOP TEENS 17:45			REFORMER 18:30		TAI CHI 18:30		
18:00	CIRCUIT TRAINING 18:45						CIRCUIT TRAINING 18:45					
18:15		POLE BASE 19:00	TONE & JUMP 18:45			POLE BASE 19:00			HIP HOP MASTER 18:45			
18:30					HIP HOP MASTER 18:45							
18:45												
19:00	POWER JUMP 19:45						POWER JUMP 19:45	ZUMBA FITNESS 20:00		HEELS BASE 19:30		
19:15		POLE INT./AVANZ. 20:00		ZUMBA FITNESS 20:00		POLE INT./AVANZ. 20:00						
19:30			JU JITSU 20:30		DANZA VENTRE BASE 20:45				JU JITSU 20:30			
19:45												
20:00												
20:15												
20:30												
20:45												
21:00												
21:15	HIP HOP AGONISTI 21:00	DANZA VENTRE INTERM. 21:00		YOGA SCULPT 21:10				YOGA 21:10		HEELS INTERMEDIO 21:00		
21:30												
21:45												
22:00												
22:15												
22:30												
22:45												