

## SEDE CASTEL GOFFREDO

| LUNEDI'                   | MARTEDI'                 | MERCOLEDI'                  | GIOVEDI'                       | VENERDI'                  | SABATO                       |
|---------------------------|--------------------------|-----------------------------|--------------------------------|---------------------------|------------------------------|
| 9-10<br>STRETCH&POSTURA   | 9.30-10.30 PILATES       | 10-11.15 YOGA               | 9.30-10.30 PILATES             | 10-11.15 YOGA             | 8.50-9.45<br>STRETCH&POSTURA |
|                           | 12.30-13.30 YOGA         |                             | 12.30-13.30 YOGA               |                           | 10-10.50 PRIMI<br>PASSI      |
|                           |                          |                             |                                |                           | 11.10-12<br>GIOCODANZA       |
| 14.30-16<br>CLASSICO 2    | 15-16 MIKADO             |                             | 15-16<br>YOGA JUNIOR           |                           |                              |
| 16.15-17.30<br>CLASSICO 1 | 16.15-17.15<br>HIP HOP 1 | 15.30-17<br>MODERN 2 Silvia | 16.15-17.45<br>CLASSICO 1      |                           |                              |
| 17.40-19 MODERN 1         | 18-19<br>PROPEDEUTICA    | 17.15-18.45<br>MODERN 1     | 18-19<br>PROPEDEUTICA          | 17-18.30 BASE             |                              |
| 19.10-20 PILATES          | 19.10-20<br>BODY TONIC   | 19.10-20 PILATES            | 19.10-20.10<br>STRETCH&POSTURA | 18.45-20.15<br>INTERMEDIO |                              |
| 20.15-22<br>MODERN AVANZ  | 20.15-21.30 YOGA         | 20.15-21.30<br>DANZA ADULTI | 20.20-21.40 YOGA               | DANZA DEL VENTRE          |                              |