



# PLANNING CORSI 20<sup>24</sup>/25

IN ABBONAMENTO

EXTRA

DANZA

## LUNEDÌ

FUNCTIONAL  
07:00 07:45

CIRC. ENDURANCE  
09:00 09:45

PILATES  
10:00 10:45

EASY TONE  
11:00 12:00

CIRCUIT TONIC  
13:15 14:00

SBARRA A TERRA  
14:00 15:00

CIRCUIT TONIC  
14:15 15:00

POTENZ. DANZA  
15:00 16:00

CONTEMPORANEO  
15:00 16:00

CLASSICO INTERM.  
16:00 17:00

GIOCO DANZA  
16:00 17:00

CLASSICO 2  
17:00 18:00

MODERNO 3  
17:00 18:00

FLEX & GYM  
18:00 18:45

CLASSICO 3  
18:00 19:00

FIT FLOW  
18:45 19:30

POWER FIT  
19:00 19:45

CARDIO COMBAT  
19:30 20:15

FLEX & GYM  
20:00 20:45

BREAK ADULTI  
20:30 21:30

DANZA ADULTI  
20:45 21:45

## MARTEDÌ

ODAKA YOGA  
07:00 08:00

CIRCUIT TONIC  
09:15 10:00

PILATES  
10:15 11:00

BOOTY & FIT  
13:30 14:15

TEEN FIT  
16:00 16:45

CLASSICO 1  
16:00 17:00

MODERNO 2  
17:00 18:00

HIP HOP 1  
17:00 18:00

PANCAFIT  
17:00 18:00

POSTURAL  
18:00 18:45

HIP HOP 2  
18:00 19:00

HIP HOP 3  
19:00 20:30

H GYM  
19:00 19:45

OUT DOOR  
19:45 20:30

HIP HOP ADULTI  
20:00 21:00

PANCAFIT  
20:30 21:30

DANZA DEL VENTRE  
21:00 22:00

## MERCOLEDÌ

C. ENDURANCE  
09:00 09:45

CIRCUIT TONIC  
10:00 10:45

PILATES  
13:15 14:00

PUNTE DANZA CL.  
14:00 15:00

POTENZ. DANZA  
15:00 16:00

GIOCO DANZA  
16:00 17:00

CLASSICO 2  
17:00 18:00

BREAK PRINCIPIANTI  
17:00 18:00

MODERNO 1  
18:00 19:00

FLEX & GYM  
18:00 18:45

PILATES  
19:00 19:45

POWER FIT  
19:00 19:45

PILOXING  
19:45 20:30

BREAK ADULTI  
20:30 21:30

TANGO  
20:30 21:30

TANGO  
21:30 22:30

## GIOVEDÌ

POSTURALE  
09:15 10:00

PILATES  
10:15 11:00

CIRCUIT TONIC  
13:15 14:00

CIRCUIT TONIC  
14:15 15:00

CONTEMPORANEO  
15:00 16:00

CLASSICO 1  
16:00 17:00

CLASSICO INTERM.  
16:00 17:00

MODERNO 2  
17:00 18:00

MODERNO 3  
17:00 18:00

CLASSICO 3  
18:00 19:00

POSTURALE  
18:00 18:45

FIT FLOW  
18:45 19:30

CARDIO PUMP  
19:00 19:45

CARDIO COMBAT  
19:30 20:15

FLEX & GYM  
20:00 20:45

DANZA ADULTI  
20:45 21:45

KIZOMBA  
21:00 22:00

## VENERDÌ

ODAKA YOGA  
07:00 08:00

FUNCTIONAL  
07:00 07:45

CIRC. ENDURANCE  
09:00 09:45

PILATES  
10:00 10:45

EASY TONE  
11:00 12:00

PILATES  
13:15 14:00

BOOTY & FIT  
13:30 14:15

HIP HOP 3  
15:00 17:00

TEEN FIT  
16:00 16:45

PANCA FIT  
17:00 18:00

HIP HOP 1  
17:00 18:00

BREAK PRINCIPIAN.  
17:00 18:00

MODERNO 1  
18:00 19:00

HIP HOP 2  
18:00 19:00

PILATES  
19:00 19:45

HIP HOP ADULTI  
19:00 20:00

H GYM  
19:45 20:30

PANCAFIT  
20:30 21:30

OPEN 5:00 → 24:00 7su7

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