

PROGRAMMA SETTIMANALE UGGIATE-TREVANO 2025-26

LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI	SABATO	DOMENICA
GINNASTICA DOLCE TERZA ETA' 09.15-10.00 (A)	BALLA IN FORMA 09.00-09.50 (S)		PILATES 09.00-10.00 (D)	YOGA (B) 09.00-10.00	YOGA (A) Al femminile 09.00-10.00	
			PILATES 10.00-11.00 (D)		YOGA (A) HARMONIUM 10.00-11.00	
					PILATES 11.15-12.15 (A)	
			BALLA IN FORMA 13.00-13.50 (S)	PILATES 13.30-14.30 (D)		
	HIP-HOP 6-12 anni 16.30-17.30 (C)			DANZA PROPEDEUTICA 3-6 anni 16.45-17.30 (G)		
HIP-HOP > 10 anni 17.05-18.00 (S)	DANZA MODERNA 6-12 anni 17.30-18.30 (G)		HIP-HOP 6-9 anni 16.45-17.45 (S)	DANZA MODERNA 6-12 anni 17.30-18.30 (G)		
TOTAL BODY (AN) 18.00-18.45	PILATES 18.30-19.30 (A)	TOTAL BODY (AN) 18.20-19.05	HIP-HOP > 10 anni 18.00-19.00 (S)	PILATES 18.45-19.45 (D)		
ZUMBA (L) 18.50-19.35	PILATES 19.30-20.30 (A)	TOTAL BODY-ELASTIC (AN) 19.10-19.55	BALLA IN FORMA 19.10-20.00 (S)	ZUMBA (D) 19.45-20.30		
TOTAL BODY (AN) 19.40-20.25		POSTURAL FIT 20.00-20.45 (AN)		TOTAL BODY (DI) (GAG) 20.30-21.15		
	PILATES 20.30-21.30 (A)	TOTAL BODY (AN) 20.50-21.35	BALLA IN FORMA 20.10-21.00 (S)			

NB: Gli orari possono subire delle modifiche in base alle richieste e per questioni organizzative

GiZeta Sport SSD - P.I. 04175450131

info@gizetasport.it



+393755673887



Facebook: GiZeta Sport SSD