

**PALESTRA**

LUNEDI	17.15-18.30 MOD 2 (int) (Lara)	18.30-20 CL.AV. (viola) (Lara)	20-21.30 MOD 3 (av) (Lara)		
MARTEDI	16.30-18 GRUPPO CONCORSI 2 (Ismene)	18-19 HH1 (Mirko)	19-20 HH2 (Mirko)	20-21 HH3 (Mirko)	21-22 STEP (Betty)
MERCOLEDI	16.45-18.15 INT2(prugna) (Lara)	18.15 -19.30 MOD 2 (int) (Lara)	19.30-20.45 CL.AV.(viola) (Lara)	20.45-22 MOD 3 (av) (Ila+Lara)	
GIOVEDI	16.30-18 GRUPPO CONCORSI 2 (Ismene)	18-19 HH1 (Mirko)	19-20 HH2 (Mirko)	20-21.30 HH3 (Mirko)	
VENERDI	16.45-18.15 INT2(prugna) (Lara)	18.15-19.00 STRETCHING (Lara)	19.00-20.30 INT1 (ex cl3) (Lara)		

**SALETTA ROSA**

LUNEDI	13.15-14.15 REF (Betty)	15.45-17.15 INT1 (ex cl3) (Lara)	17.15-18.15 REF (Betty)	18.15-19.15 STRETCHING (Adua)	19.15-20.15 REF (Betty)	20.15-21.15 MAT (Adua)
MARTEDI	17-18 REF (Betty)	18-19 STRETCH- FLOW (Anna)	19-20 REF (Betty)	20-21 REF (Betty)	21-21.30 HH3 (Mirko)	
MERCOLEDI	17-18 P2 ROSSE (Adua)	18 -19.15 CL1 AZZ. (Adua)		20.15-21.15 REF (Betty)	21.15- 22.15 REF (Betty)	
GIOVEDI	12.30-13.30 REF 15-16 REF 16-17 REF	17-18 REF (Betty)	18-19 REF (Betty)	19-20 REF (Betty)	20-21 REF (Betty)	21-22 REF (Betty)
VENERDI	16.15-17.15 REF (Betty)	17.15-18.15 REF (Betty)	18.15-19.15 REF (Betty)	19.15-20.15 REF (Betty)	20.15- 21.15 REF (Betty)	

**SALETTA AZZURRA**

LUNEDI	17-18.15 CL2 LILLA (Eli)	18.15-19.30 CL3 ROSA (Eli)	19.30-20.30 MOD 1 (base) (Ila)	20.30-21.30 REF (Betty)	
MARTEDI	17-18 P1+ PRIMI PASSI (Adua)	18-19 P3 GIALLE (Adua)	19-20 PIL MAT(Adua)		
MERCOLEDI	9-10 REF 10-11 REF 12-13 REF (da II° periodo)	11-12 GINNASTICA DOLCE	17-18.15 CL2 LILLA (Eli)	18.15-19.30 CL3 ROSA (Eli)	19.30-20.30 MOD 1 (base) (Ila)
GIOVEDI	17-18 P3 GIALLE (Adua)	18-19 P1 (Adua)	19-20 PIL. MAT. (Adua)	20-21 STEP (Adua)	21-22 FUSION (Cristina)
VENERDI	9-10 REF 10-11 REF 12-13 REF	11-12 GINNASTICA DOLCE	17-18.15 CL1 AZZ. (Adua)	18.15-19.15 P2 ROSSE (Adua)	19.15-20.30 GRUPPO CONCORSI 1(Ismene)