

LUNEDI'					
SALA NEW YORK			SALA LOS ANGELES	SALA TOKYO	
11.00 - 12.00	PILATES REFORMER	17.00 - 18.00	HIP HOP KIDS BASE	17.00 - 18.00	JUNIOR (MEDIE) INTERMEDIO
12.00 - 13.00	PILATES REFORMER	18.00 - 19.00	HIP HOP KIDS INTERMEDIO	18.00 - 19.00	HIP HOP TEEN INTERMEDIO
13.00 - 14.00	PILATES REFORMER	19.45 - 20.45	HIP HOP ADULTI INTERMEDIO	19.00 - 20.00	DANCE HALL FEMALE BASE
14.30 - 15.30	FISIOPILATES	20.45 - 21.45	HIP HOP ADULTI BASE	20.00 - 21.00	DANCE HALL FEMALE INTERMEDIO
17.00 - 18.00	PILATES REFORMER			21.00 - 22.00	DANCE HALL
18.00 - 19.00	PILATES REFORMER				
19.45 - 20.45	SALSA E BACHATA PRIMI PASSI				
20.45 - 21.45	SALSA E BACHATA INTERMEDIO				
21.45 - 22.45	SALSA COREOGRAFICO				

MARTEDI'					
SALA NEW YORK			SALA LOS ANGELES	SALA TOKYO	
11.00 - 12.00	PILATES REFORMER	10.00 - 12.00	FISIOPILATES	16.45 - 17.30	GIOCO DANZA (3 - 6 ANNI)
12.00 - 13.00	PILATES REFORMER	17.00 - 18.00	KPOP 6 - 10 ANNI	18.00 - 19.30	AFRO INTERMEDIO
13.00 - 14.00	PILATES REFORMER	18.00 - 19.00	KPOP 11 - 13 ANNI	19.30 - 21.00	AFRO BASE
16.45 - 17.45	PILATES REFORMER	19.00 - 20.00	KPOP 14+	21.00 - 22.15	VOGUE INTERMEDIO / AVANZATO
18.30 - 20.00	YOGA	20.00 - 21.00	HIP HOP AVANZATO		
20.15 - 21.45	FISIOPILATES				

MERCOLEDI'					
SALA NEW YORK			SALA LOS ANGELES	SALA TOKYO	
11.00 - 12.00	PILATES REFORMER	17.00 - 18.00	JUNIOR (MEDIE) BASE	17.00 - 18.00	BREAKING KIDS
12.00 - 13.00	PILATES REFORMER	18.00 - 19.00	TEEN BASE HIP HOP	18.00 - 19.00	BREAKING 14+
13.00 - 14.00	PILATES REFORMER	19.45 - 20.45	POLE LV 1	19.00 - 20.00	VOGUE BASE
14.30 - 15.30	FISIOPILATES	20.45 - 21.45	POLE LV 2	20.00 - 21.15	CHOREOGRAPHY
17.00 - 18.00	MODERN KIDS 6 - 10 ANNI				
18.00 - 19.30	MODERN 1 11 - 14 ANNI				
19.30 - 21.00	MODERN 2 15 - ADULTI				
21.00 - 22.00	SENSUAL				

GIOVEDI'					
SALA NEW YORK			SALA LOS ANGELES	SALA TOKYO	
11.00 - 12.00	PILATES REFORMER	17.00 - 18.00	KPOP KIDS 6 - 10 ANNI	17.00 - 18.00	KPOP 11 - 13
12.00 - 13.00	PILATES REFORMER	18.00 - 19.00	KPOP 14+ BASE	18.00 - 19.00	KPOP 14+ INTERMEDIO
13.00 - 14.00	PILATES REFORMER	19.00 - 20.00	KPOP CREW	19.45 - 21.00	HEELS BASE
17.00 - 18.00	PILATES REFORMER	20.00 - 21.00	COUNTRY	21.00 - 22.15	HEELS AVANZATO
18.00 - 19.00	CHOREO TEEN INTERMEDIO	21.00 - 22.00	COUNTRY LIV 2 (DA GENNAIO '27)		
19.00 - 20.00	WAVING				
20.00 - 21.00	POPPING				
21.00 - 22.00	FREESTYLE SESSION (FREE PER ISCRITTI)				

VENERDI'					
SALA NEW YORK			SALA LOS ANGELES	SALA TOKYO	
11.00 - 12.00	PILATES REFORMER	11.00 - 12.00	FISIOPILATES	17.00 - 18.00	CORSO PROFESSIONALE
12.00 - 13.00	PILATES REFORMER	19.30 - 20.30	HOUSE	18.00 - 19.30	CORSO PROFESSIONALE
13.00 - 14.00	PILATES REFORMER			19.30 - 21.00	HIP HOP CONTAMINATO
17.00 - 18.00	PILATES REFORMER				
18.00 - 19.00	PILATES REFORMER				
19.00 - 20.00	PILATES REFORMER				

SABATO						ORARIO CORSI 2026 / 2027		
SALA NEW YORK			SALA LOS ANGELES			SALA TOKYO		
11.00 - 12.00	PILATES REFORMER		15.00 - 16.00	POLE				
12.00 - 13.00	PILATES REFORMER							
13.00 - 14.00	PILATES REFORMER							
14.00 - 15.00	PILATES REFORMER							
15.00 - 16.00	PILATES REFORMER							