

| | LUNEDI | | MARTEDI | | MERCOLEDI | | GIOVEDI | | VENERDI | | SABATO | | DOMENICA |
|-------|--|--|-----------------------------------|--|---|--------------------------------|--|----------------------------------|---|--|---------------------------|--------------------------------|----------|
| | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | SALA 1 | SALA 2 | |
| 08.30 | 8.30/09.15 FIT PILATES | | | | | | | | 8.30/9.15 FITNESS GIRL | | | | |
| 10.00 | | | | | | | | | 9.30/10.30 FUNZIONALE | | | | |
| 12.00 | | | | | | | | | | | 12.00/12.45 ZUMBA | FLAMENCO 11.00/12.30 | |
| 13.15 | 13.15/14.00 SHAPE&TONE | | 13.15/14.00 ZUMBA | 13.15/14.00 FUNZIONALE | | 13.15/14.00 PILATES | | | 12.45 G.A.G. | 13.00 / 14.30 FLAMENCO | | | |
| 14.00 | | | | | | | | | | 14.00/15.30 POLEDANCE | | | |
| 14.30 | | | | | | | | | | | 14.30/15.15 FUNZIONALE | | |
| 15.30 | | | | | | | | | | | 15.30 PERSONAL | | |
| 16.30 | | | | | | | | | | | | | |
| 17.00 | | 17.00/18.00 HIP HOP JUNIOR | | | | 17.50 LATIN TEEN | | | | | | | |
| 17.30 | | | | REGGETON UNDER 25 | | | | | | | | | |
| 18.00 | 18.00/18.50 GIOCO DANZA 3-5 ANNI | 18.00/19.00 HIP HOP OPEN | PERSONAL MONICA 18.00/19.00 | | | | | | | 18.00/19.30 DANZA MODERNA INTERM | | | |
| 18.30 | | | | 18.00/19.15 DANZA MODERNA INTERMEDIO | 18.30/19.15 BALLA&BRUCIA | | | | | | | | |
| 19.00 | 19.10 / 20.00 INTERVAL TRAINING | | | | | 18.45/20.10 CLASSICO ADULTI | | 19.10 / 20.00 ZUMBA | | | | | |
| 19.30 | | 19.30 / 21.00 POLE DANCE | | 19.30/20.15 BDANCEFIT | 19.30/20.30 ADRENALINA | | | | 19.30 / 20.15 FITNESS GIRL | BACHATA FUSION | | | |
| 20.00 | TROPICAL GEM STYLE | | BASE CARAIBICO | | | 20.15/21.00 ZUMBA | REGGETON | 20.00 / 2045 PILATES | | | | | |
| 20.30 | | | | 20.30/21.30 DANCEHALL | CHA CHA CHA | | | | 2030 / 22.00 CONTEMPORANEO | BASE CARAIBICO | | | |
| 21.00 | SALSA CUBANA INT | SALSA CUBANA INT/AV | SALSA IN LINEA 1 | | | 21.00/21.30 G.A.G. | GESTUALITA' FEMMINILE | 20.45/21.45 DANCE HALL | | | | | |
| 21.30 | | | | 21.30/22.30 CONTEMPORANEO | SALSA IN LINEA INT AV | | | | | SALSA IN LINEA INTERMEDIO | | | |
| 22.00 | COREOGRAFICO BACHATA LADIES | AFRO & RUMBA OPEN | | | | | | BACHATA SENSUAL | COREOGRAFICO BACHATA OPEN SHINES | | | | |
| 22.30 | | | | | COREOGRAFICO SALSA COPIE | | | | | | | | |

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