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**ARTE***in*  
**MOVIMENTO**

DANZA\_FITNESS\_MUSICA

*Rivignano, via Cavour 15*

**Orario corsi**

**2011**

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
<b>CORSI fitness</b>					
CORPO LIBERO MATTINA	9.00 – 10.00			9.00 – 10.00	
CORPO LIBERO SERA			20.30-21.30		18.00-19.00
GAG	19.30 – 20.30		19.30 – 20.30		19.00 – 20.00
PILATES		20.00-21.00		20.00 – 21.00	
TOTAL BODY	20.30-21.30			19.00 – 20.00	
MACUMBA		19.00 – 20.00			19.00 – 20.00
<b>DISCIPLINE</b>					
KICK BOXING					
DIFESA PERSONALE	19.00 – 20.00		19.00 – 20.00		
YOGA			20.00 – 21.30		
QI GONG					
KARATE BIMBI	18.00 – 19.00			18.00 – 19.00	
TWIRLING					
METODO FELDENKRAIS					
<b>DANZA</b>					
DANZA MODERNA BIMBE					
BREAK DANCE			17.30-18.30		
HIP-HOP					
DANZA DEL VENTRE		20.00-21.00			
BALLO COUNTRY	20.30 – 22.00				
CARAIBICO		21.00-22.00			
GINNASTICA ARTISTICA BIMBI			17.00-18.00		16.30-17.30