



TITANUM SPORTING CLUB

VIA PRENESTINA NUOVA 309 - 00036- PALESTRINA

LUN- VEN 06,30/23,00 - SAB 09,00/19,00 - DOM 09,00/13,00

SALA A

LUN	MAR	MER	GIO	VEN	SAB
					PILATES REFORMER 10,30/11,30
	HIP HOP RAGAZZI +12 ANNI 16,00/17,00		HIP HOP RAGAZZI +12 ANNI 16,00/17,00		
17,00/18,00 KARATE		HIP HOP JUNIOR 6/12 ANNI 17,15/18,15		17,00/18,00 KARATE	
18,00/19,00 KARATE	CERCHIO AEREO BABY 18,00/19,00	MODERN CONTEMPORARY 18,15/20,00	CERCHIO AEREO BABY 18,00/19,00	18,00/19,00 KARATE	
19,00/20,30 KARATE ADULTI	REGGAETON CREW 19,00/20,00		REGGAETON CREW 19,00/20,00	19,00/20,30 KARATE ADULTI	
			CERCHIO AEREO 20,00/21,30		

SALA B

LUN	MAR	MER	GIO	VEN	SAB
9,00/10,00 ATTIVITA' MOTORIA PER LA 3' ETA'	9,00/10,00 ZUMBA TON	9,00/10,00 ATTIVITA' MOTORIA PER LA 3' ETA'	9,00/10,00 ZUMBA TON	9,00/10,00 ATTIVITA' MOTORIA PER LA 3' ETA'	PILATES REFORMER 09,30/10,30
POSTURALE 10,00/11,00		POSTURALE 10,00/11,00			MODERNA piccoli 10:30/11:30
				PILATES REFORMER 11,00/12,00	MODERNA 12+ 11:30/12:30
					MODERNA adulti 12:30/13:30
PILATES REFORMER 12,00/13,00		PILATES REFORMER 12,00/13,00			
15,00/16,00 TOTAL BODY		15,00/16,00 TOTAL BODY		15,00/16,00 TOTAL BODY	
LATINO AMERICANO OPEN 16,00/17,30	PILATES REFORMER 16,00/17,00	LATINO AMERICANO OPEN 16,00/17,30	PILATES REFORMER 16,00/17,00	HIP HOP JUNIOR 6/12 ANNI 16,30/17,30	
17,30/18,30 TONIFICAZIONE	DANZA HEELS 17,00/18,00	17,30/18,30 TONIFICAZIONE	DANZA HEELS 17,00/18,00	17,30/18,30 TONIFICAZIONE	
	18,00/19,00 PILATES		18,00/19,00 PILATES		
19,00/20,00 PRE PUGILISTICA	19,00/20,00 BUNGEE FLY	19,00/20,00 PRE PUGILISTICA	19,00/20,00 BUNGEE FLY	19,00/20,00 PRE PUGILISTICA	
20,30/21,30 TONIFICAZIONE	CERCHIO AEREO 20,00/21,30	20,30/21,30 TONIFICAZIONE	SALSA 21,00/22,00	20,30/21,30 TONIFICAZIONE	