



PALAGYM
sport e vita al femminile

VIA CANTORE

ORARIO SEGRETERIA:

LUNEDÌ-VENERDÌ:

8.00 / 20.00

| LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO |
|------------------------|-------------------------|------------------------|-------------------------|---------------------|---------------------|
| | 8:00 YOGA | | 8:00 YOGA | | |
| 8:30 YOGA | | 8:30 YOGA | | 8:30 YOGA | |
| 9:30 DOLCE | 9:00 MOBILITY | 9:30 DOLCE | 9:00 MOBILITY | 9:30 DOLCE | 9:30 PILATES |
| | 9:45 STRETCH & FACEYOGA | | 9:45 STRETCH & FACEYOGA | | |
| 10:15 POSTURAL PILATES | | 10:15 VERTEBRALSTRETCH | | 10:15 PILATES BARRE | 10:15 POSTURAL YOGA |
| | | | | | |
| 12:45 TONO | 12:45 YOGA | 12:45 PILATES | 12:45 YOGA | 12:45 PILOGA | |
| 13:30 PILASTRETCH | | 13:30 TONO | | 13:30 POSTURAL TONO | |
| | | | | | |
| | 14:00 BODY MOVEMENT | | 14:00 BODY MOVEMENT | | |
| 15:00 TONO | 15:00 STRETCH FLOW | 15:00 VERTEBRALSTRETCH | 15:00 STRETCH FLOW | 15:00 PILATES | |
| 15:45 VERTEBRALSTRETCH | | 15:45 POSTURAL TONO | | 15:45 TONO | |
| | | | | | |
| 17:00 VERTEBRALSTRETCH | 17:00 PILATES | 17:00 TONO | 17:00 PILOGA | 17:00 PILASTRETCH | |
| 17:45 TONO | 17:45 YOGA | 17:45 VERTEBRALSTRETCH | 17:45 YOGA | 17:45 TONO | |
| 18:30 PILATES | | 18:30 PILOGA | | 18:30 PILOGA | |
| 19:15 POSTURAL YOGA | 19:00 TONO | | 19:00 PILATES | | |
| | 19:45 PILATES | 19:15 YOGA | 19:45 POSTURAL YOGA | 19:15 YOGA | |