



PALAGYM
sport e vita al femminile
VIA CANTORE

ORARIO SEGRETERIA:
LUNEDÌ-MERCOLEDÌ-VENERDÌ:
8.00/19.30
MARTEDÌ e GIOVEDÌ:
8.00-14.00 / 16.00-19.00

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