



PALAGYM
sport e vita
BRIGNOLE

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
7:00 FUNZIONALE		7:00 STRETCHING	7:00 FUNZIONALE		
9:00 CORPO LIBERO		9:00 VERTEBRALE SILVER FIT	9:00 VERTEBRALE	9:00 CORPO LIBERO	9:30 GINNASTICA VERTEBRALE
10:00 PILATES	9:30 BODY&MIND	10:00 TONE	10:00 DOLCE SILVER FIT	10:00 PILATES	
11:00 TRAINING GROUP	10:15 HIIT	10:00 TRAINING GROUP	11:00 TRAINING GROUP	10:00 TRAINING GROUP	11:00 TRAINING GROUP
11:00 AFA - ALTA FUNZIONE	11:00 YOGA		11:00 YOGA	11:00 AFA - ALTA FUNZIONE	
12:00 AFA - BASSA FUNZIONE				12:00 AFA - BASSA FUNZIONE	
13:00 GAG	13:00 PILATES	13:00 PUMP	13:00 HIIT	13:00 TOTAL BODY TABATA	13:00 CIRCUIT TONE
15:00 CIRCUIT TRAINING	16:00 TRAINING GROUP	15:00 CIRCUIT TRAINING	16:00 KICK BOXE	15:00 CIRCUIT TRAINING	
16:00 TRAINING GROUP	16:00 KICK BOXE	16:00 TRAINING GROUP	16:00 TRAINING GROUP	16:00 TRAINING GROUP	16:00 TRAINING GROUP
17:30 PILATES	17:30 BIKE TRAINING	17:30 PILATES	17:00 PUMP	17:30 PILATES TONO	
18:15 GAG	17:45 BODY&MIND	18:15 TOTAL BODY TABATA	17:45 BODY&MIND	18:30 TOTAL BODY TABATA	
	18:30 CIRCUIT TRAINING	19:15 BODY&MIND	18:30 FIT BOXE	19:15 STEP TONO	
19:30 PUMP	19:30 FIT BOXE		19:00 BIKE TRAINING		
20:15 ZUMBA			19:30 PUMP		
			20:15 ZUMBA		

SALA PESI

SILVER FIT

PLANNING
SPINNING

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	7:00/ 7:45 SPINNING			7:00/ 7:45 SPINNING	10:00/ 11:00 SPINNING
13:00/ 13:45 SPINNING	13:00/ 13:45 SPINNING		13:00/ 13:45 SPINNING	13:00/ 13:45 SPINNING	11:00/ 11:45 SPINNING
17:30/ 18:15 SPINNING	17:30/ 18:15 BIKE TRAINING	17:30/ 18:30 SPINNING			
19:00/ 19:45 SPINNING	19:00/ 19:45 SPINNING	18:30/ 19:30 SPINNING	19:00/ 19:45 BIKE TRAINING		