

STAGIONE **2025/26**



**ORARIO PALESTRA:**  
DAL LUNEDÌ AL VENERDÌ: **7:00-22:00**  
SABATO: **9:00-18:00**  
DOMENICA: **9:00-13:00**

## PLANNING **SPINNING**

### LUNEDÌ

13:00/  
13:45 **SPINNING**

17:30/  
18:15 **SPINNING**

19:00/  
19:45 **SPINNING**

### MARTEDÌ

7:00/  
7:45 **SPINNING**

13:00/  
13:45 **SPINNING**

17:30/  
18:15 **BIKE TRAINING**

19:00/  
19:45 **SPINNING**

### MERCOLEDÌ

18:00/  
19:00 **SPINNING**

### GIOVEDÌ

13:00/  
13:45 **SPINNING**

19:00/  
19:45 **BIKE TRAINING**

### VENERDÌ

7:00/  
7:45 **SPINNING**

13:00/  
13:45 **SPINNING**

### SABATO

11:00/  
11:45 **SPINNING**