



PALAGYM
sport e vita
BRIGNOLE

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**