



**PALAGYM**  
sport e vita  
BRIGNOLE

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

PLANNING  
**SPINNING**

LUNEDÌ

MARTEDÌ

MERCOLEDÌ

GIOVEDÌ

VENERDÌ

SABATO

7:00/  
7:45

SPINNING

7:00/  
7:45

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

BIKE TRAINING

19:00/  
19:45

SPINNING