



Palestre Dabliu Colli d'Oro

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Planning Febbraio 2025

| LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO | DOMENICA |
|---|---|---|--|---|---|---|
| 09:00 50 min Pilates Mat Davide - Sala 2 | | 09:00 50 min Ginnastica dolce Davide - Sala 2 | | 09:00 50 min Posturale Davide - Sala 2 | | |
| 10:00 50 min Functional Training Luciano - Sala 1 | 09:30 50 min Hatha Yoga Tania - Sala 2 | 10:00 50 min Functional Training Luciano - Sala 1 | 09:30 50 min Hatha Yoga Tania - Sala 2 | 10:00 50 min Functional Training Luciano - Sala 1 | | |
| | 10:30 50 min Posturale Luciano - Sala 2 | | 10:30 50 min Mobility and Stretch Luciano - Sala 2 | | 10:30 50 min Pilates Mat A rotazione - Sala 2 | |
| | | | | | 11:30 50 min Functional Training A rotazione - Sala 1 | 11:30 50 min Lezioni a rotazione A rotazione - Sala 2 |
| | 12:40 50 min Functional Training Luciano - Sala 1 | 12:40 50 min Total Body Workout Cristina - Sala 2 | 12:40 50 min Functional Training Luciano - Sala 1 | | | |
| 13:30 50 min Total Body Workout Cristina - Sala 2 | | 13:30 50 min GAG Cristina - Sala 2 | | 13:30 50 min Total Body Workout Cristina - Sala 2 | | |
| | 17:00 50 min Pilates Mat Daniela - Sala 2 | | 17:00 50 min Pilates Mat Daniela - Sala 2 | | | |
| 18:00 50 min Pilates small equipment Daniela - Sala 2 | 18:00 50 min Total Body Workout Daniela - Sala 2 | 18:00 50 min Body Sculpt Elisa - Sala 2 | 18:00 50 min Body Sculpt Daniela - Sala 2 | 18:00 50 min Total Body Workout Luciano - Sala 2 | | |
| 19:00 50 min Functional Training Daniela - Sala 1 | 19:00 50 min Functional Training Daniela - Sala 1 | 19:00 50 min Pilates Mat Elisa - Sala 2 | 19:00 50 min Functional Training Daniela - Sala 1 | 19:00 50 min Pilates ring Luciano - Sala 2 | | |

Orari apertura palestra: lun/ven 09:00/21:00; sabato 09:00/14:00; domenica 09:00/14:00