



# Dabliu Colli d'Oro

Planning Ottobre 2024

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LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
<b>09:00</b> 50min <b>Pilates Mat</b> Davide - Sala 2	<b>09:30</b> 50 min <b>Hatha Yoga</b> Tania - Sala 2	<b>09:00</b> 50min <b>Ginnastica dolce</b> Davide - Sala 2	<b>09:00</b> 50 min <b>Hatha Yoga</b> Tania - Sala 2	<b>09:00</b> 50 min <b>Posturale</b> Davide - Sala 2	<b>10:30</b> 50min <b>Pilates Mat</b> A rotazione - Sala 2
<b>10:00</b> 50 min <b>Functional Training</b> Luciano - Sala 1	<b>10:00</b> 50 min <b>Posturale</b> Luciano - Sala 2	<b>10:00</b> 50 min <b>Functional Training</b> Luciano - Sala 1	<b>10:00</b> 50 min <b>Mobility and Stretch</b> Luciano - Sala 2	<b>10:00</b> 50 min <b>Functional Training</b> Daniela - Sala 1	<b>11:30</b> 50 min <b>Functional Training</b> A rotazione - Sala 1
<b>13:30</b> 50min <b>Total Body Workout</b> Cristina - Sala 2	<b>13:30</b> 50 min <b>Functional Training</b> Luciano - Sala 1	<b>13:30</b> 50min <b>GAG</b> Cristina - Sala 2	<b>13:30</b> 50 min <b>Functional Training</b> Luciano - Sala 1	<b>13:30</b> 50min <b>Total Body Workout</b> Cristina - Sala 2	
<b>18:00</b> 50min <b>Pilates small equipment</b> Daniela - Sala 2	<b>18:00</b> 50min <b>Total Body Workout</b> Daniela - Sala 2	<b>18:00</b> 50min <b>Pilates Mat</b> Elisa - Sala 2	<b>19:00</b> 50min <b>Body Sculpt</b> Daniela - Sala 2	<b>18:00</b> 50min <b>Pilates ring</b> Luciano - Sala 2	
<b>19:00</b> 50min <b>Full Body Step</b> Daniela - Sala 2	<b>19:00</b> 50 min <b>Functional Training</b> Daniela - Sala 1	<b>19:00</b> 50min <b>Body Sculpt</b> Elisa - Sala 2	<b>19:00</b> 50 min <b>Functional Training</b> Daniela - Sala 1	<b>19:00</b> 50min <b>Total Body</b> Luciano - Sala 2	
<b>20:00</b> 50 min <b>Functional Training</b> Daniela - Sala 1		<b>20:15</b> 60 min <b>Zumba</b> Rossella - Sala 2	<b>20:00</b> 50 min <b>Tabata</b> Daniela - Sala 2		
<b>20:15</b> 60 min <b>Zumba</b> Rossella - Sala 2					

