



Palestre Dabliu Colli d'Oro

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Planning Maggio 2025

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
09:00 Pilates Mat 50 min Davide		09:00 Ginnastica dolce 50 min Davide		09:00 Posturale 50 min Davide		
10:00 Functional Training 50 min Luciano	09:30 Hatha Yoga 70 min Tania	10:00 Functional Training 50 min Luciano	09:30 Hatha Yoga 50 min Tania	10:00 Functional Training 50 min Daniela		
	10:30 Posturale 50 min Luciano	11:00 * Spinning 50 min Luciano - Outdoor *Prenotazione obbligatoria	10:30 Mobility and Stretch 70 min Luciano		10:30 Pilates Mat 50 min A rotazione	
12:40 Super Jump Circuit 50 min Daniela	12:40 Functional Training 50 min Luciano	12:40 Super Jump Circuit 50 min Daniela	12:40 Functional Training 50 min Luciano		11:30 Functional Training 50 min A rotazione	
13:30 * Spinning 50 min Daniela - Outdoor *Prenotazioni obbligatorie						
	17:00 Pilates Mat 50 min Daniela		17:00 Pilates Mat 50 min Daniela			
18:00 Pilates small equipment 50 min Daniela	18:00 Total Body Workout 50 min Daniela	18:00 Mobility and Stretch 50 min Elisa	18:00 Functional Training 50 min Daniela	18:00 Total Body Workout 50 min Luciano		
19:00 Functional Training 50 min Daniela	19:00 Functional Training 50 min Daniela	19:00 Pilates Mat 50 min Elisa	19:00 * Circuit Spinning 50 min Daniela - Outdoor *Prenotazione obbligatoria	19:00 Pilates ring 50 min Luciano		

Orari apertura palestra: lun/ven 09:00/21:00; sabato 09:00/19:00; domenica 09:00/14:00