

MATTINA


POMERIGGIO

SERA

LUNEDI

**STRAFIT  
RESTART**  
7:55 - 8:20

**TRX**  
8:25 - 9:10

  
**ZUMBA**  
9:15 - 10:00

**DHA  
WORKOUT**  
10:05 - 10:50

**VERTEBRAL  
STRETCH**  
11:00 - 11:45

**STRAFIT  
DYNAMIC**  
13:15 - 13:45

**TRX  
FUNCTIONAL**  
14:30 - 15:15

**VERTEBRAL  
STRETCH**  
15:30 - 16:15

**DHA  
WORKOUT**  
17:00 - 17:45

**YOGA  
VINYASA FLOW**  
18:00 - 18:45

**FUNCTIONAL**  
19:20 - 20:05

MARTEDI

**STRAFIT  
DYNAMIC**  
8:00 - 8:30

**BOOTY  
WORKOUT**  
09:15 - 10:00

LES MILLS  
**tone**  
10:05 - 10:50

**PILATES**  
11:00 - 11:45

**VERTEBRAL  
STRETCH**  
11,50 - 12,35

**PILATES**  
15:00 - 15:45

**STRAFIT  
RESTART**  
16:00 - 16:30

**DYNATHOS**  
17:00 - 17:45

**VERTEBRAL  
STRETCH**  
18:00 - 18:45

**HIIT**  
19:00 - 19:45

**STRAFIT  
DYNAMIC**  
19:50 - 20:20

MERCOLEDI

**TRX**  
8:25 - 9:10

**DHA  
WORKOUT**  
9:15 - 10:00

**TRX**  
10:05 - 10:50

**VERTEBRAL  
STRETCH**  
11:00 - 11:45

**STRAFIT  
RESTART**  
13:15 - 13:45


**DHA  
WORKOUT**  
14:30 - 15:15

**STRAFIT  
POSTURAL**  
15:20 - 15:50

**PILATES  
ACTIVE**  
16:00 - 16:45

**STRAFIT  
RESTART**  
17:00 - 17:30

**YOGA  
VINYASA FLOW**  
17:40 - 18:25

  
**STRONG  
NATION**  
18:30 - 19:15

LES MILLS  
**tone**  
19:20 - 20:05

GIOVEDI

**STRAFIT  
RESTART**  
7:45 - 8:15

**DYNATHOS**  
8:25 - 9:10

  
**ZUMBA**  
9:15 - 10:00

**TRX  
FUNCTIONAL**  
9:15 - 10:00

LES MILLS  
**tone**  
10:05 - 10:50

**PILATES**  
11:00 - 11:45

**PILATES  
ACTIVE**  
15:00 - 15:45

**VERTEBRAL  
STRETCH**  
16:00 - 16:45

**HIIT**  
17:00 - 17:45

**VERTEBRAL  
STRETCH**  
17:55 - 18:40

**STRAFIT  
RESTART**  
18:50 - 19:20

LES MILLS  
**tone**  
19:30 - 20:15

VENERDI

**DHA  
WORKOUT**  
8:15 - 9:00

**YOGA  
VINYASA FLOW**  
9:05 - 10:10

**HIIT**  
10:15 - 11:00

**VERTEBRAL  
STRETCH**  
11:05 - 11:50


**TRX**  
14:30 - 15:15

**STRAFIT  
POSTURAL**  
15:20 - 15:50

**TRX**  
15:20 - 16:05

**DYNATHOS**  
16:10 - 16:55

  
**ZUMBA**  
17:40 - 18:25

  
**STRONG  
NATION**  
18:30 - 19:15

**STRAFIT  
DYNAMIC**  
19:25 - 19:55

SABATO

**YOGA\***  
HATHA - NIDRA  
10:15 - 11:45

LES MILLS  
**tone\***  
10:30 - 11:15

DOMENICA

**SUNDAY\***  
**WORKOUT**  
10:00 - 10:45



\*A SETTIMANE ALTERNE  
CONTROLLARE SEMPRE  
APP PALESTRE

**MYA**  
GYM & SPA

**ORARI**

LUNEDI' - VENERDI'  
07:30 - 22:00  
SABATO 10:00 - 19:00  
DOMENICA 09:00 - 13:00

**CONTATTI**

 010/8994800  
 379/1077355  
 @myagymspa

