

MATTINA

LUNEDI

DHA
WORKOUT

9:15 - 10:00

VERTEBRAL
STRETCH

10:15 - 11:00

MARTEDI

STRAFIT
DYNAMIC

08:00 - 08:30

TRX

9:15 - 10:00

LES MILLS
Shapes

10:05 - 10:50

VERTEBRAL
STRETCH

11:00 - 11:45

MERCOLEDI

DHA
WORKOUT

9:15 - 10:00

TRX

10:15 - 11:00

VERTEBRAL
STRETCH

11:15 - 12:00

GIOVEDI



ZUMBA

9:15 - 10:00

LES MILLS
tone

10:05 - 10:50

PILATES

11:00 - 11:45

VENERDI

DHA
WORKOUT

9:15 - 10:00

VERTEBRAL
STRETCH

10:15 - 11:00

POMERIGGIO

DHA
WORKOUT

17:00 - 17:45

DYNATHOS

17:00 - 17:45

SERA

FUNCTIONAL

19:20 - 20:05

HIIT

19:00 - 19:45



STRONG
NATION

18:30 - 19:15

LES MILLS
tone

19:20 - 20:05

VERTEBRAL
STRETCH

17:55 - 18:40

TONO

18:30 - 19:15

LES MILLS
tone

19:30 - 20:15

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

