



Lo Spazio di Silvia Salvagno

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Studio 1

GINNASTICA
POSTURALE

PILATES CON
CAVI

GYROKINESIS

WORKOUT
RAGAZZI

PILATES

YAMUNA

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
MATTINO	07:30 PILATES		07:30 PILATES		07:30 PILATES
	08:45 PILATES	08:15 PILATES	08:45 PILATES	08:15 PILATES	08:45 PILATES
		09:30 PILATES		09:30 PILATES	
	10:00 PILATES	10:45 PILATES	10:00 PILATES	10:45 PILATES	10:00 PILATES
	11:15 PILATES		11:15 PILATES		11:15 PILATES
PRANZO	13:15 PILATES	13:15 PILATES	13:15 PILATES	13:15 PILATES	13:15 PILATES
	14:30 PILATES CON CAVI	14:30 YAMUNA	14:30 PILATES		14:30 PILATES
			15:45 PILATES	15:00 PILATES	
POM/SERA	16:15 PILATES	16:45 PILATES		16:45 PILATES	
					17:00 WORKOUT RAGAZZI
	18:00 PILATES	18:00 PILATES	18:00 PILATES CON CAVI	18:00 PILATES	18:10 PILATES CON CAVI
	19:15 PILATES	19:15 PILATES	19:15 PILATES CON CAVI	19:15 PILATES	



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Studio 2

GINNASTICA
POSTURALE
PILATES CON
CAVI

GYROKINESIS
WORKOUT
RAGAZZI

PILATES
YAMUNA

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
MATTINO				07:30 PILATES	
	08:00 PILATES	08:45 PILATES	08:00 PILATES	08:45 PILATES	08:15 PILATES
	09:15 PILATES		09:15 PILATES		09:15 PILATES
	10:30 PILATES	10:00 PILATES	10:30 PILATES	10:00 PILATES	10:30 PILATES
	11:30 PILATES	11:15 PILATES		11:30 PILATES	
			12:00 GINNASTICA POSTURALE		
PRANZO	13:15 PILATES			13:15 PILATES	13:15 GYROKINESIS
	14:30 PILATES				14:30 GYROKINESIS
	15:45 PILATES		15:30 GYROKINESIS		
POM/SERA	17:00 PILATES	17:00 PILATES	17:00 WORKOUT RAGAZZI	17:00 PILATES	17:00 PILATES
	18:15 PILATES	18:15 PILATES	18:15 PILATES	18:15 PILATES	18:15 PILATES
	19:30 PILATES	19:30 PILATES	19:30 PILATES	19:30 PILATES	