



# PLANNER YOGA SOULFUL VILLANOVA- MATTINA

|                              | MONDAY                        | TUESDAY                              | WEDNESDAY                         | THURSDAY                             | FRIDAY                                   | SATURDAY               |
|------------------------------|-------------------------------|--------------------------------------|-----------------------------------|--------------------------------------|------------------------------------------|------------------------|
|                              |                               |                                      |                                   |                                      |                                          |                        |
| <b>8.00 am<br/>9.00 am</b>   |                               |                                      | PILATES e<br>REFORMER<br><br>SUSY |                                      | PILATES SCULPT e<br>REFORMER<br><br>SUSY |                        |
| <b>9.00 am<br/>10.00 am</b>  | PILATES e<br>REFORMER<br>SUSY | VINYASA YOGA<br><br>FEDE             | BARRE BODY e<br>REFORMER<br>SUSY  | HATHA YOGA<br><br>FEDE               | PILATES e<br>REFORMER<br>SUSY            | CIRCUITO E<br>REFORMER |
| <b>10.00 am<br/>11.00 am</b> | VINYASA YOGA<br>SUSY          | PILATES e<br>REFORMER<br>FEDE        | HATHA YOGA<br>SUSY                | PILATES SCULPT e<br>REFORMER<br>FEDE | HATHA YOGA<br>SUSY                       |                        |
| <b>11.00 am<br/>12.00 pm</b> | PILATES e<br>REFORMER<br>SUSY | PILATES SCULPT e<br>REFORMER<br>FEDE |                                   | PILATES e<br>REFORMER<br>FEDE        |                                          |                        |
| <b>12.00 pm<br/>13.00 pm</b> |                               |                                      |                                   |                                      |                                          |                        |
| <b>13.00 pm<br/>14.00 pm</b> | PILATES e<br>REFORMER<br>SUSY |                                      | PILATES e<br>REFORMER<br>SUSY     |                                      | PILATES e<br>REFORMER<br>SUSY            |                        |
| <b>14.00 pm<br/>15.00 pm</b> |                               | PILATES<br>SUSY                      |                                   | PILATES<br>SUSY                      |                                          |                        |



# PLANNER YOGA SOULFUL VILLANOVA-POMERIGGIO

|                                    | MONDAY                              | TUESDAY                             | WEDNESDAY                           | THURSDAY                        | FRIDAY                         | SATURDAY |
|------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|---------------------------------|--------------------------------|----------|
| <b>16.00 Pm</b><br><b>17.00 Pm</b> |                                     | GRAVIDANZA<br>Laura                 |                                     | GRAVIDANZA<br>Laura             |                                |          |
| <b>17.30 Pm</b><br><b>18.30 Pm</b> | YOGA VINYASA<br>FEDE                | HATHA YOGA<br>Susy                  | YOGA VINYASA<br>FEDE                | MEDITAZIONE<br>EMANUELA         | YIN YOGA<br>CLAUDIA            |          |
| <b>18.30 Pm</b><br><b>19.30 Pm</b> | PILATES E<br>REFOMER<br>FEDE        | PILATES E<br>REFOMER<br>Susy        | PILATES SCULPT<br>E REFOMER<br>FEDE | PILATES E<br>REFOMER<br>Susy    | PILATES E<br>REFOMER<br>ILARIA |          |
| <b>19.30 Pm</b><br><b>20.30 Pm</b> | PILATES SCULPT<br>E REFOMER<br>FEDE | PILATES TABATA<br>E REFOMER<br>Susy | PILATES E<br>REFOMER<br>FEDE        | BARRE BODY E<br>REFOMER<br>Susy | PILATES E<br>REFOMER           |          |
| <b>20.30 Pm</b><br><b>21.30 Pm</b> |                                     | PILATES E<br>REFOMER                |                                     | PILATES E<br>REFOMER            |                                |          |