



# PLANNER YOGA SOULFULGUIDONIA - MATTINA

|                      | MONDAY                                         | TUESDAY                                        | WEDNESDAY                                      | THURSDAY                                       | FRIDAY                                         | SATURDAY           |
|----------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|------------------------------------------------|--------------------|
|                      |                                                |                                                |                                                |                                                |                                                |                    |
| 8.00 am<br>9.00 am   |                                                |                                                | PILATES tappetino<br>&<br>REFORMER<br>CLARI    |                                                | BARRE BODY<br>&<br>REFORMER                    |                    |
| 9.00 am<br>10.00 am  | BARRE BODY<br>&<br>REFORMER<br>CLARISSA        | PILATES tappetino<br>&<br>REFORMER             | -PILATES<br>POSTURALE<br>(Clarissa)            | PILATES in AMCA<br>&<br>REFORMER               | VINYASA<br>YOGA                                | CIRCUITO<br>DAVIDE |
| 10.00 am<br>11.00 am | -PILATES<br>POSTURALE<br>(Clarissa)            | BARRE BODY<br>&<br>REFORMER                    | VINYASA YOGA<br>SUSY                           | HATHA<br>YOGA                                  | PILATES tappetino<br>&<br>REFORMER             |                    |
| 11.00 am<br>12.00 pm | VINYASA<br>YOGA<br>CLAUDIA                     |                                                |                                                |                                                |                                                |                    |
| 12.00 pm<br>13.00 pm | REFORMER                                       |                                                |                                                |                                                |                                                |                    |
| 13.00 pm<br>14.00 pm |                                                | PILATES tappetino<br>&<br>REFORMER<br>CLARISSA |                                                | PILATES tappetino<br>&<br>REFORMER<br>CLARISSA | -PILATES<br>POSTURALE<br>(Clarissa)            |                    |
| 14.00 pm<br>15.00 pm | PILATES tappetino<br>&<br>REFORMER<br>CLARISSA | VINYASA<br>YOGA<br>CLAUDIA                     | PILATES tappetino<br>&<br>REFORMER<br>CLARISSA |                                                | PILATES tappetino<br>&<br>REFORMER<br>CLARISSA |                    |



# PLANNER YOGA SOULFUL GUIDONIA -POMERIGGIO

|                              | MONDAY                                          | TUESDAY                                         | WEDNESDAY                                       | THURSDAY                                        | FRIDAY                                                   | SATURDAY |
|------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|----------------------------------------------------------|----------|
| <b>16.30 Pm<br/>17.30 Pm</b> | <b>GRAVIDANZA</b>                               |                                                 | <b>GRAVIDANZA</b>                               | <b>PILATES IN<br/>AMACA &amp;<br/>REFORMER</b>  | <b>YOGA<br/>SUSY</b>                                     |          |
| <b>17.30 Pm<br/>18.30 Pm</b> | <b>HATHA<br/>YOGA</b>                           | <b>HATHA<br/>YOGA<br/>CLAUDIA</b>               | <b>VINYASA<br/>YOGA</b>                         | <b>HATHA<br/>YOGA</b>                           | <b>Pilates tappetino<br/>&amp;<br/>Reformer<br/>SUSY</b> |          |
| <b>18.30 Pm<br/>19.30 Pm</b> | <b>Pilates tappetino<br/>&amp;<br/>REFORMER</b> | <b>Pilates tappetino<br/>&amp;<br/>REFORMER</b> | <b>Pilates tappetino<br/>&amp;<br/>REFORMER</b> | <b>Pilates TABATA<br/>&amp;<br/>REFORMER</b>    | <b>BARRE BODY<br/>&amp;<br/>REFORMER<br/>ILARIA</b>      |          |
| <b>19.30 Pm<br/>20.30 Pm</b> | <b>Pilates TABATA<br/>&amp;<br/>REFORMER</b>    | <b>PILATES SCULPT<br/>&amp;<br/>REFORMER</b>    | <b>AERIAL<br/>ACROBATICO</b>                    | <b>Pilates tappetino<br/>&amp;<br/>REFORMER</b> | <b>Cerchio aereo<br/>trapezio</b>                        |          |
| <b>20.30 Pm<br/>21.30 Pm</b> |                                                 | <b>Pole dance</b>                               | <b>Danza irlandese<br/>Claudia</b>              | <b>Pole dance</b>                               | <b>tessuto<br/>19.30-21.00</b>                           |          |

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