



PLANNER YOGA SOULFUL VILLANOVA- MATTINA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00 am 9.00 am			PILATES REFORMER LAURA		BARRE REFORMER CLARI	
9.00 am 10.00 am	PILATES E REFORMER LAURA	YOGA VINYASA FEDE	YOGA LAURA	YOGA HATHA FEDE	YOGA VINYASA susy	
10.00 am 11.00 am	YOGA HATHA LAURA	POSTURALE FEDE	PILATES REFORMER LAURA Vane. Cristiana	POSTURALE FEDE	PILATES REFORMER SUSY Vane. Cristiana	PILATES REFORMER LAURA
11.00 am 12.00 pm						FUNZIONALE LAURA
12.00 pm 13.00 pm						
13.00 pm 14.00 pm	PILATES tappetino & REFORMER LAURA		PILATES tappetino & REFORMER LAURA		PILATES tappetino & REFORMER LAURA	
14.00 pm 15.00 pm		PILATES tappetino & REFORMER SUSY		PILATES tappetino & REFORMER SUSY		



PLANNER YOGA SOULFUL VILLANOVA -POMERIGGIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16.00 Pm 17.00 Pm		GRAVIDANZA			GRAVIDANZA	
17.00 Pm 18.00 Pm	HATHA YOGA CLAUDIA	HATHA YOGA LAU	VINYASA YOGA CLAUDIA	Meditazione base emanuela	HATHA YOGA LAU	
18.00 Pm 19.00 Pm	Pilates tappetino & REFORMER SUSY	Pilates tappetino & REFORMER CLARI	Pilates tappetino & REFORMER ILA	Pilates TABATA & REFORMER CLARI	PILATES& REFORMER LAU	
19.00 Pm 20.00 Pm	HATHA YOGA SUSY	Pilates TABATA & REFORMER	Pilates tappetino & REFORMER ILA	Pilates tappetino & REFORMER	BARRE E REFORMER LAU	
20.00 Pm 21.00 Pm						

PIAZZA RISORGIMENTO 14