



# WEEKLY PLANNER YOGA SOULFUL- MATTINA

|                              | MONDAY                         | TUESDAY                                      | WEDNESDAY                    | THURSDAY                                     | FRIDAY                                       | SATURDAY                            |
|------------------------------|--------------------------------|----------------------------------------------|------------------------------|----------------------------------------------|----------------------------------------------|-------------------------------------|
|                              |                                |                                              |                              |                                              |                                              |                                     |
| <b>8.00 am<br/>9.00 am</b>   |                                | <b>SUNRISE<br/>YOGA</b>                      | <b>PILATES-<br/>REFORMER</b> | <b>SUNRISE<br/>YOGA</b>                      | <b>BARRE BODY<br/>REFORMER</b>               |                                     |
| <b>9.00 am<br/>10.00 am</b>  | <b>BARRE BODY<br/>REFORMER</b> | <b>PILATES -<br/>REFORMER</b>                | <b>VINYASA<br/>YOGA</b>      | <b>PILATES in<br/>AMCA -<br/>REFORMER</b>    | <b>VINYASA<br/>YOGA</b>                      | <b>NEW POSE<br/>YOGA</b>            |
| <b>10.00 am<br/>11.00 am</b> | <b>VINYASA<br/>YOGA</b>        | <b>PT</b>                                    | <b>PT</b>                    | <b>HATHA<br/>YOGA</b>                        |                                              | <b>PILATES-<br/>REFORMER</b>        |
| <b>11.00 am<br/>12.00 pm</b> |                                |                                              |                              |                                              |                                              | <b>MUM AND BABY<br/>11.00-12.00</b> |
| <b>12.00 pm<br/>13.00 pm</b> |                                | <b>-PILATES<br/>POSTURALE<br/>(Clarissa)</b> |                              | <b>-PILATES<br/>POSTURALE<br/>(Clarissa)</b> |                                              |                                     |
| <b>13.00 pm<br/>14.00 pm</b> |                                | <b>PILATES -<br/>REFORMER</b>                |                              | <b>PILATES -<br/>REFORMER</b>                | <b>-PILATES<br/>POSTURALE<br/>(Clarissa)</b> |                                     |
| <b>14.00 pm<br/>15.00 pm</b> | <b>PILATES -<br/>REFORMER</b>  |                                              | <b>-PILATES<br/>REFORMER</b> |                                              |                                              |                                     |



# WEEKLY PLANNER YOGA SOULFUL -POMERIGGIO

|                      | MONDAY                      | TUESDAY                                                                   | WEDNESDAY                   | THURSDAY                                                                  | FRIDAY                    | SATURDAY |
|----------------------|-----------------------------|---------------------------------------------------------------------------|-----------------------------|---------------------------------------------------------------------------|---------------------------|----------|
|                      | 16.45 Pm 17.30 Pm           |                                                                           | 16.45 Pm 17.30 Pm           |                                                                           |                           |          |
| 16.30 Pm<br>17.30 Pm | Yoga e Aerial<br>yoga bimbi | GRAVIDANZA                                                                | Yoga e Aerial<br>yoga bimbi | GRAVIDANZA                                                                | YIN YOGA<br>YOGA          |          |
| 17.30 Pm<br>18.30 Pm | HATHA<br>YOGA               | PILATES IN<br>AMACA -<br>REFORMER                                         | VINYASA<br>YOGA             | PILATES IN<br>AMACA &<br>REFORMER                                         | CIRCUITO                  |          |
| 18.30 Pm<br>19.30 Pm | Pilates + -<br>REFORMER     | 18.30 Pm 19.20 Pm<br>Box<br>al femminile<br>REFORMER<br>18.30 Pm 19.30 Pm | PILATES &<br>REFORMER       | 18.30 Pm 19.20 Pm<br>Box<br>al femminile<br>REFORMER<br>18.30 Pm 19.30 Pm | BARRE BODY<br>REFORMER    |          |
| 19.30 Pm<br>20.30 Pm | AERIAL<br>ACROBATICO        | BARRE BODY<br>REFORMER                                                    | AERIAL<br>ACROBATICO        | PILATES<br>REFORMER                                                       | Cerchio aereo<br>trapezio |          |
| 20.30 Pm<br>21.30 Pm |                             | Pole dance                                                                | Danza irlandese<br>Claudia  | Pole dance                                                                | tessuto<br>19.30-21.00    |          |

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