



WEEKLY PLANNER YOGA SOULFUL- MATTINA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00 am 9.00 am			PILATES tappetino & REFORMER		BARRE BODY & REFORMER	YIN YOGA
9.00 am 10.00 am	BARRE BODY & REFORMER	PILATES tappetino & REFORMER	VINYASA YOGA	PILATES in AMCA & REFORMER	VINYASA YOGA	CIRCUITO
10.00 am 11.00 am	VINYASA YOGA	BARRE BODY & REFORMER	-PILATES POSTURALE (Clarissa)	HATHA YOGA	PILATES tappetino & REFORMER	PILATES tappetino & REFORMER
11.00 am 12.00 pm	-PILATES POSTURALE (Clarissa)		REFORMER			
12.00 pm 13.00 pm	REFORMER	REFORMER		REFORMER		
13.00 pm 14.00 pm		PILATES tappetino & REFORMER		PILATES tappetino & REFORMER	-PILATES POSTURALE (Clarissa)	
14.00 pm 15.00 pm	PILATES tappetino & REFORMER	VINYASA YOGA	PILATES tappetino & REFORMER		PILATES tappetino & REFORMER	



WEEKLY PLANNER YOGA SOULFUL -POMERIGGIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16.30 Pm 17.30 Pm	GRAVIDANZA		GRAVIDANZA	PILATES IN AMACA & REFORMER	YIN YOGA YOGA	
17.30 Pm 18.30 Pm	HATHA YOGA	HATHA YOGA	VINYASA YOGA	HATHA YOGA	Pilates tappetino & REFORMER	
18.30 Pm 19.30 Pm	Pilates tappetino & REFORMER	Pilates tappetino & REFORMER	Pilates tappetino & REFORMER	Pilates TABATA & REFORMER	BARRE BODY & REFORMER	
19.30 Pm 20.30 Pm	Pilates TABATA & REFORMER	PILATES SCULPT & REFORMER	AERIAL ACROBATICO	Pilates tappetino & REFORMER	Cerchio aereo trapezio	
20.30 Pm 21.30 Pm		Pole dance	Danza irlandese Claudia	Pole dance	tessuto 19.30-21.00	

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