



WEEKLY PLANNER YOGA SOULFUL- MATTINA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00 am 9.00 am			PILATES- REFORMER		BARRE BODY REFORMER	
9.00 am 10.00 am	BARRE BODY REFORMER	PILATES - REFORMER	VINYASA YOGA	PILATES in AMCA - REFORMER	MANDALA YOGA	
10.00 am 11.00 am						
11.00 am 12.00 pm						
12.00 pm 13.00 pm						
13.00 pm 14.00 pm	PILATES - REFORMER		-PILATES REFORMER			
14.00 pm 15.00 pm						



WEEKLY PLANNER YOGA SOULFUL -POMERIGGIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16.30 Pm 17.30 Pm	GRAVIDANZA		GRAVIDANZA			
17.30 Pm 18.30 Pm	HATHA YOGA	PILATES IN AMACA - REFORMER	VINYASA YOGA	PILATES IN AMACA & REFORMER-	YIN YOGA YOGA	
18.30 Pm 19.30 Pm	Pilates + - REFORMER		PILATES & REFORMER	VINYASA YOGA	BARRE BODY REFORMER	
19.30 Pm 20.30 Pm	AERIAL ACROBATICO	BARRE BODY REFORMER	AERIAL ACROBATICO	PILATES REFORMER		
20.30 Pm 22.00 Pm						

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