



WEEKLY PLANNER YOGA SOULFUL- MATTINA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00 am 9.00 am		HATHA YOGA	PILATES- REFORMER	MANDALA YOGA	BARRE BODY REFORMER	
9.00 am 10.00 am	BARRE BODY REFORMER	PILATES - REFORMER	VINYASA YOGA	PILATES in AMCA - REFORMER	MANDALA YOGA	9.15/10.00 MEDITAZIONE
10.00 am 11.00 am	AERIAL ACROBATICO	YIN YOGA YOGA	AERIAL ACROBATICO			YOGA NEW ASANA
11.00 am 12.00 pm		-PILATES POSTURALE (Clarissa)		-PILATES POSTURALE (Clarissa)		MUM AND BABY 11.00-12.00
12.00 pm 13.00 pm						CARDIO
13.00 pm 14.00 pm		PILATES - REFORMER		PILATES - REFORMER	-PILATES reformer privato (Clarissa)	
14.00 pm 15.00 pm	PILATES - REFORMER 13.30/14.30		-PILATES REFORMER		-PILATES reformer privato (Clarissa)	
15.15 pm 16.15 pm						



WEEKLY PLANNER YOGA SOULFUL -POMERIGGIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16.30 Pm 17.30 Pm	GRAVIDANZA		GRAVIDANZA		YIN YOGA YOGA	
17.30 Pm 18.30 Pm	HATHA YOGA	BARRE BODY REFORMER	VINYASA YOGA	PILATES IN AMACA & REFORMER-	CIRCUITO	
18.30 Pm 19.30 Pm	Pilates + - REFORMER	CARDIO	PILATES & REFORMER	VINYASA YOGA	BARRE BODY REFORMER	
19.30 Pm 20.30 Pm	AERIAL ACROBATICO	PILATES IN AMACA - REFORMER	AERIAL ACROBATICO	PILATES REFORMER	PILATES REFORMER	
20.30 Pm 21.30 Pm		AERIAL ACROBATICO		AERIAL ACROBATICO		

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