



PLANNER YOGA SOULFUL GUIDONIA 1- MATTINA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.00 am 9.00 am		PILATES LAURA		PILATES LAURA	VINYASA YOGA LAURA	
9.00 am 10.00 am	PILATES LAURA	YOGA IN AMACA SUSY	BARRE BODY LAURA	PILATES SCULPT LAURA	BARRE BODY LAURA	VINYASA YOGA LAURA
10.00 am 11.00 am	VINYASA YOGA LAURA	PILATES SUSY	HATHA YOGA LAURA	HATHA YOGA SUSY	POSTURALE LAURA	PILATES DAVIDE
11.00 am 12.00 pm	POSTURALE LAURA		POSTURALE LAURA			
12.00 pm 13.00 pm						
13.00 pm 14.00 pm		PILATES Claudia		PILATES Claudia		
14.00 pm 15.00 pm	PILATES Claudia		PILATES ELEONORA		PILATES Claudia	



PLANNER YOGA SOULFUL GUIDONIA-POMERIGGIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16.30 Pm 17.30 Pm	GRAVIDANZA LAURA		GRAVIDANZA LAURA		YIN YOGA LAURA	
17.30 Pm 18.30 Pm	YOGA VINYASA LAURA	PILATES ILA	YOGA HATHA LAURA	PILATES ELEONORA	PILATES SUSY	
18.30 Pm 19.30 Pm	PILATES LAURA	YOGA LAURA	PILATES TABATA LAURA	PILATES CONTAMINATO ELEONORA	CERCHIO E AMACA 18.30-20.00	
19.30 Pm 20.30 Pm	PILATES SCULPT LAURA	PILATES TABATA LAURA	CERCHIO E AMACA 19.30-21.00	BARRE ELEONORA	POLE JULIA	
20.30 Pm 21.30 Pm		POLE MICHİ	POLE JULIA	POLE MICHİ		