

# PILATES REFORMER PLANNING ATTIVITÀ

VALIDO DA  
LUNEDÌ 03/08  
A SABATO 29/08

Le lezioni di Reformer  
sono sospese  
dal 10 al 17 agosto.



| LUNEDÌ 3                                        | MARTEDÌ 4                                       | MERCOLEDÌ 5                                     | GIOVEDÌ 6                                       | VENERDÌ 7                                       | SABATO 8                                     |
|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|----------------------------------------------|
| 8:00 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 9:30 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 8:00 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 9:30 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 8:00 <b>REFORMER CLASS</b><br><i>Francesca</i>  | 9:30 <b>REFORMER CLASS</b><br><i>Daniela</i> |
| 9:00 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 12:30 <b>REFORMER CLASS</b><br><i>Flavia</i>    | 9:00 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 12:30 <b>REFORMER CLASS</b><br><i>Silvia</i>    | 9:00 <b>REFORMER CLASS</b><br><i>Daniela</i>    |                                              |
| 12:30 <b>REFORMER CLASS</b><br><i>Flavia</i>    | 18:00 <b>REFORMER CLASS</b><br><i>Silvia</i>    | 12:30 <b>REFORMER CLASS</b><br><i>Silvia</i>    | 18:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   | 12:00 <b>REFORMER CLASS</b><br><i>Silvia</i>    |                                              |
| 18:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   | 19:00 <b>REFORMER CLASS</b><br><i>Silvia</i>    | 19:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   | 19:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   | 18:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   |                                              |
| 19:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   |                                                 | 20:15 <b>REFORMER CLASS</b><br><i>Daniela</i>   |                                                 | 19:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   |                                              |
| LUNEDÌ 17                                       | MARTEDÌ 18                                      | MERCOLEDÌ 19                                    | GIOVEDÌ 20                                      | VENERDÌ 21                                      | SABATO 22                                    |
| STRUTTURA CHIUSA                                | 9:30 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 8:00 <b>REFORMER CLASS</b><br><i>Simona B.</i>  | 9:30 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 8:00 <b>REFORMER CLASS</b><br><i>Francesca</i>  | 9:30 <b>REFORMER CLASS</b><br><i>Daniela</i> |
|                                                 | 12:30 <b>REFORMER CLASS</b><br><i>Simona B.</i> | 9:00 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 12:30 <b>REFORMER CLASS</b><br><i>Simona B.</i> | 9:00 <b>REFORMER CLASS</b><br><i>Daniela</i>    |                                              |
|                                                 | 18:00 <b>REFORMER CLASS</b><br><i>Simona B.</i> | 12:30 <b>REFORMER CLASS</b><br><i>Daniela</i>   | 18:00 <b>REFORMER CLASS</b><br><i>Flavia</i>    | 12:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   |                                              |
|                                                 | 19:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   | 19:00 <b>REFORMER CLASS</b><br><i>Simona B.</i> | 19:00 <b>REFORMER CLASS</b><br><i>Flavia</i>    | 18:00 <b>REFORMER CLASS</b><br><i>Flavia</i>    |                                              |
|                                                 |                                                 |                                                 |                                                 | 19:00 <b>REFORMER CLASS</b><br><i>Flavia</i>    |                                              |
| LUNEDÌ 24                                       | MARTEDÌ 25                                      | MERCOLEDÌ 26                                    | GIOVEDÌ 27                                      | VENERDÌ 28                                      | SABATO 29                                    |
| 8:00 <b>REFORMER CLASS</b><br><i>Simona B.</i>  | 9:30 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 8:00 <b>REFORMER CLASS</b><br><i>Simona B.</i>  | 9:30 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 8:00 <b>REFORMER CLASS</b><br><i>Francesca</i>  | 9:30 <b>REFORMER CLASS</b><br><i>Daniela</i> |
| 9:00 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 12:30 <b>REFORMER CLASS</b><br><i>Simona B.</i> | 9:00 <b>REFORMER CLASS</b><br><i>Daniela</i>    | 12:30 <b>REFORMER CLASS</b><br><i>Simona B.</i> | 9:00 <b>REFORMER CLASS</b><br><i>Daniela</i>    |                                              |
| 12:30 <b>REFORMER CLASS</b><br><i>Daniela</i>   | 18:00 <b>REFORMER CLASS</b><br><i>Simona B.</i> | 12:30 <b>REFORMER CLASS</b><br><i>Daniela</i>   | 18:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   | 12:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   |                                              |
| 18:00 <b>REFORMER CLASS</b><br><i>Simona B.</i> | 19:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   | 19:00 <b>REFORMER CLASS</b><br><i>Simona B.</i> |                                                 | 18:00 <b>REFORMER CLASS</b><br><i>Simona B.</i> |                                              |
| 19:00 <b>REFORMER CLASS</b><br><i>Simona B.</i> |                                                 | 20:15 <b>REFORMER CLASS</b><br><i>Daniela</i>   |                                                 | 19:00 <b>REFORMER CLASS</b><br><i>Daniela</i>   |                                              |