

# STUDIO SANT'ANGELO

## SALA PILATES REFORMER | Orario definitivo dal 5 ottobre

| LUNEDÌ                                 | MARTEDÌ                             | MERCOLEDÌ                            | GIOVEDÌ                                | VENERDÌ                             | SABATO                              |
|----------------------------------------|-------------------------------------|--------------------------------------|----------------------------------------|-------------------------------------|-------------------------------------|
| 7:30 - 8:30<br>Base<br>Renè            | 7:30 - 8:30<br>Base<br>Erika        | 7:30 - 8:30<br>Intermedio<br>Laura   | 7:30 - 8:30<br>Base<br>Erika           | 7:30 - 8:30<br>Base<br>Lara         |                                     |
| 9:00 - 10:00<br>Base<br>Renè           | 8:45 - 9:45<br>Erika<br>Intermedio  | 9:00 - 10:00<br>Base<br>Lara         | 8:45 - 9:45<br>Intermedio<br>Erika     | 9:00 - 10:00<br>Intermedio<br>Lara  | 9:00 - 10:00<br>Base<br>Renè        |
| 10:30 - 11:30<br>Intermedio<br>Renè    | 10:00 - 11:00<br>Base<br>Renè       | 10:00 - 11:00<br>Intermedio<br>Lara  | 10:00 - 11:00<br>Base<br>Lara          | 10:00 - 11:00<br>Base<br>Lara       | 10:15 - 11:15<br>Intermedio<br>Renè |
|                                        | 11:00 - 12:00<br>Base<br>Renè       |                                      | 11:00 - 12:00<br>Intermedio<br>Lara    |                                     |                                     |
|                                        |                                     | 12:00 - 13:00<br>Intermedio<br>Elisa | 12:00 - 13:00<br>Base<br>Renè          | 12:00 - 13:00<br>Elisa<br>Base      |                                     |
| 13:00 - 14:00<br>Intermedio<br>Erika   | 13:00 - 14:00<br>Intermedio<br>Renè | 13:00 - 14:00<br>Base<br>Elisa       |                                        | 13:00 - 14:00<br>Renè<br>Intermedio |                                     |
| 16:45 - 17:45<br>Natasha               | 16:45 - 17:45<br>Base<br>Lara       | 16:45 - 17:45<br>Base<br>Erika       | 16:45 - 17:45<br>Intermedio<br>Lara    | 16:45 - 17:45<br>Base<br>Renè       |                                     |
| 18:00 - 19:00<br>Natasha               | 18:00 - 19:00<br>Base<br>Lara       | 18:00 - 19:00<br>Intermedio<br>Renè  | 18:00 - 19:00<br>Base<br>Natasha       | 18:00 - 19:00<br>Intermedio<br>Renè |                                     |
| 19:15 - 20:15<br>Intermedio<br>Natasha | 19:15 - 20:15<br>Intermedio<br>Lara | 19:15 - 20:15<br>Base<br>Renè        | 19:15 - 20:15<br>Intermedio<br>Natasha | 19:15 - 20:15<br>Base<br>Renè       |                                     |