NICHÉ PALINSESTO REFORMER 2026-27

LUNEDÌ

SALA REFORMER

08:30 Sala Reformer - 50' Antonella
Reformer basic

18:00 Sala Reformer - 50' Pasquale
Reformer intermedio

19:00 Sala Reformer - 50' Pasquale
Reformer inter./avan.

20:00 Sala Reformer - 50' Pasquale
Reformer avanzato

NICHÉ PALINSESTO REFORMER 2026-27

MARTEDÌ

SALA REFORMER

12:30 Sala Reformer - 50' Pasquale
Reformer functional

13:30 Sala Reformer - 50' Pasquale
Reformer miofasciale

17:30 Sala Reformer - 50' Laura
Reformer inter./avan.

18:30 Sala Reformer - 50' Laura
Reformer inter./avan.

19:30 Sala Reformer - 50' Laura
Reformer inter./avan.

20:30 Sala Reformer - 50' Adele
Reformer inter./avan.

NICHÉ PALINSESTO REFORMER 2026-27

MERCOLEDÌ

SALA REFORMER

08:30
Reformer basic

11:30 Sala Reformer - 50' Antonella
Reformer basic

18:00 Sala Reformer - 50' Pasquale
Reformer intermedio

19:00 50' Pasquale
Reformer inter./avan.

20:00 Sala Reformer - 50' Pasquale
Reformer avanzato

NICHÉ PALINSESTO REFORMER 2026-27

GIOVEDÌ

SALA REFORMER

08:30 Sala Reformer - 50'
Reformer inter./avan.

12:30 Sala Reformer - 50' Pasquale
Reformer functional

13:30 Sala Reformer - 50' Pasquale
Reformer miofasciale

17:30 Sala Reformer - 50' Laura
Reformer inter./avan.

18:30 Sala Reformer - 50' Laura
Reformer inter./avan.

19:30 Sala Reformer - 50' Laura
Reformer inter./avan.

20:30 Sala Reformer - 50' Adele
Reformer inter./avan.

NICHÉ PALINSESTO REFORMER 2026-27

VENERDÌ

SALA REFORMER

08:30 Sala Reformer - 50' Antonella
Reformer inter./avan.

SABATO

SALA REFORMER

11:00 Sala Reformer 50' Antonella/Adele
Reformer basic

12:00 Sala Reformer 50' Antonella/Adele
Reformer intermedio