

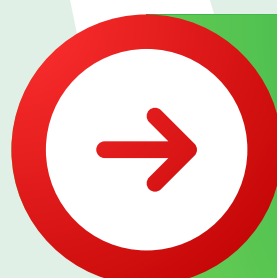


Centro Morra
Medical Wellness



Niché
Fitness & Wellbeing

Palinsesto Pilates Reformer 2025-26



LUNEDÌ



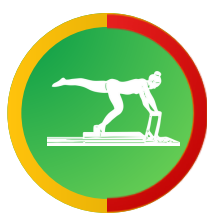
08:30 - 45' - Antonella
Reformer
Basic



17:00 - 50' - Giusy **DA OTTOBRE**
Reformer
Basic



18:00 - 50' - Giusy
Reformer
Intermedio

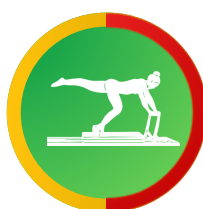


19:00 - 50' - Giusy
Reformer
Intermedio/Avanzato

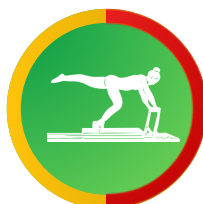


20:00 - 50' - Giusy **DA OTTOBRE**
Reformer
Avanzato

MARTEDÌ



07:30 - 50' - Mariagrazia
Reformer
Intermedio/Avanzato



08:30 - 50' - Mariagrazia
Reformer
Intermedio/Avanzato



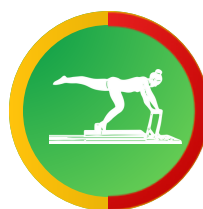
13:30 - 50' - Mariagrazia
Reformer
Functional



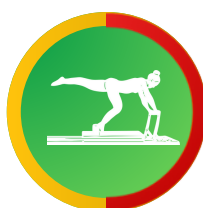
14:30 - 50' - Mariagrazia **DA OTTOBRE**
Reformer
Postural Miofasciale



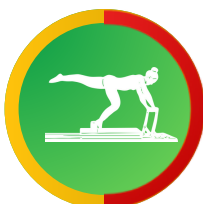
16:00 - 50' - Mariagrazia
Reformer
Postural Miofasciale



17:00 - 50' - Mariagrazia
Reformer
Intermedio/Avanzato



18:00 - 50' - Mariagrazia
Reformer
Intermedio/Avanzato



20:30 - 50' - Adele
Reformer
Intermedio/Avanzato



MERCOLEDÌ

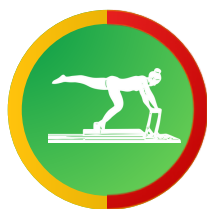


08:30 - 45' - Antonella
Reformer
Basic



11:30 - 50' - Antonella
Reformer
Basic

DA OTTOBRE

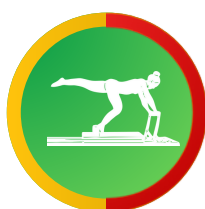


19:00 - 50' - Giusy
Reformer
Intermedio/Avanzato

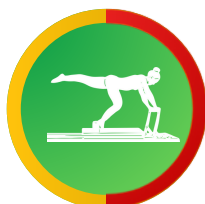


20:00 - 50' - Giusy
Reformer
Avanzato

GIOVEDÌ



07:30 - 50' - Mariagrazia
Reformer
Intermedio/Avanzato



08:30 - 50' - Mariagrazia
Reformer
Intermedio/Avanzato



13:30 - 50' - Mariagrazia
Reformer
Functional

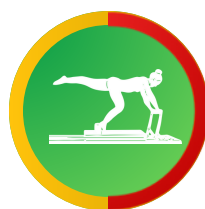


14:30 - 50' - Mariagrazia
Reformer
Postural Miofasciale

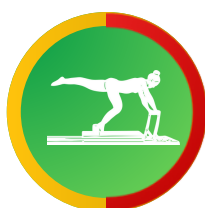
DA OTTOBRE



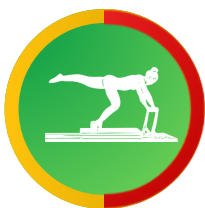
16:00 - 50' - Mariagrazia
Reformer
Postural Miofasciale



17:00 - 50' - Mariagrazia
Reformer
Intermedio/Avanzato



18:00 - 50' - Mariagrazia
Reformer
Intermedio/Avanzato



20:30 - 50' - Adele
Reformer
Intermedio/Avanzato



VENERDÌ



08:30 - 45' - Antonella
Reformer
Basic



11:30 - 50' - Antonella
Reformer
Intermedio



13:30 - 50' - Mariagrazia
Reformer
Functional



14:30 - 50' - Mariagrazia
Reformer
Postural Miofasciale

DA OTTOBRE

SABATO



11:00 - 50' - Antonella/Giusy
Reformer
Basic



12:00 - 50' - Antonella/Giusy
Reformer
Intermedio

