



**SLASHCLUB**

YOUR ALTERNATIVE ENERGY

## PLANNING PILATES REFORMER 2024-25

### LUNEDÌ

pilates reformer

- > 8:00 > 16:15
- > 9:00 > 17:15
- > 10:00 > 18:15
- > 13:15 > 19:15

### MARTEDÌ

pilates reformer

- > 9:00 > 18:30
- > 10:00 > 19:30

### MERCOLEDÌ

pilates reformer

- > 9:00 > 20:20
- > 10:00
- > 13:00
- > 14:00

### GIOVEDÌ

pilates reformer

- > 8:00 > 16:15
- > 9:00 > 17:15
- > 10:00 > 18:15
- > 13:15 > 19:15

### VENERDÌ

pilates reformer

- > 9:00 > 18:30
- > 10:00 > 19:30

### SABATO

pilates reformer

- > 9:00
- > 10:00
- > 11:00



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## PLANNING FUNCTIONAL AREA 2024-25

### LUNEDÌ

- > 10:00 functional group
- > 12:20 functional group
- > 17:30 functional group
- > 18:20 functional group
- > 19:10 functional group
- > 20:00 functional group

### MARTEDÌ

- > 08:10 functional group
- > 18:30 selfe defense
- > 19:10 fun. recovery

### MERCOLEDÌ

- > 17:30 functional group
- > 18:20 functional group
- > 19:10 functional group
- > 20:00 functional group

### GIOVEDÌ

- > 8:10 functional group
- > 10:00 functional group
- > 12:20 functional group
- > 18:30 selfe defense

### VENERDÌ

- > 8:10 functional group
- > 10:00 functional group
- > 12:20 functional group
- > 17:30 functional group
- > 18:20 functional group
- > 19:10 functional group
- > 20:00 functional group

### SABATO

- > 10:00 functional group