

Weekly Reformer planner

-MON-

8:00 STRONGER

9:00

9:15

10:15

11:15

11:15 PRINCIPIANTI

12:15

13:30

14:30

16:30

17:30

18:45

19:45

-TUE-

7:00

8:00

9:00 PRINCIPIANTI

9:15

10:15

11:15

12:15

14:00

16:30

17:30

18:45

19:45

19:45 PRINCIPIANTI

-WED-

8:00 STRONGER

9:00

9:15

10:15 PRINCIPIANTI

11:15

12:15

12:15 PRINCIPIANTI

14:00

16:30

17:30

18:45

19:45

-THU-

7:00

8:00

9:00 ROLLER

9:15

10:00 STRONGER

10:15

11:15

12:15

15:00

16:30

17:30

18:45

19:45

-FRI-

8:00

9:00

9:15

10:00

10:15

11:15

12:15

12:30

16:30

17:30

18:30

-SAT-

8:00

8:30

9:00

9:30 PROVA!

10:15

10:30

11:30

12:45

13:45

-SUN-

SCARICA LA
BODHI APP

bodhi
reformer



weekly special class

-MON-

10:00 TOWER

18:45 JUMPBOARD

19:45 TOWER

-TUE-

10:00 SCLEROSI MULTIPLA

12:15 TABATA

-WED-

16:30 TOWER

18:45 CIRCUIT POWER

19:45 JUMPBOARD

-THU-

08:30 GRAVIDANZA

09:30 GRAVIDANZA

10:15 MATWORK

10:30 CIRCUIT

12:15 CIRCUIT

12:15 TOWER

14:00 TOWER

18:45 TOWER

19:45 TABATA

-FRI-

9:00 JUMPBOARD

12:15 JUMPBOARD

13:30 TOWER

16:30 TOWER

18H30 A.G.A.

-SAT-

11:30 TOWER

12:30 JUMPBOARD

-SUN-

SCARICA LA
BODHI APP

bodhi
reformer