



Centro Morra

Medical Wellness



Nichè

Fitness & Wellbeing



Pilates Reformer

nicheclub.it

Mini Abbonamento

3 lezioni

6,90€
a lezione

Sei già un nostro iscritto Niché?

per te il prezzo si abbassa a:

4,90€
a lezione

*A questa promo si può aderire una sola volta



Le nostre Istruttrici



Giusy Iasevoli, Pilates
Trainer – Istruttrice Pilates
Reformer



Antonella Piccolo, Personal
Trainer – Istruttrice Pilates
Reformer



Mariagrazia Nettuno,
Pilates Trainer – Istruttrice
Pilates Reformer



Adele Visconti,
Pilates Trainer – Istruttrice
Pilates Reformer





Centro Morra

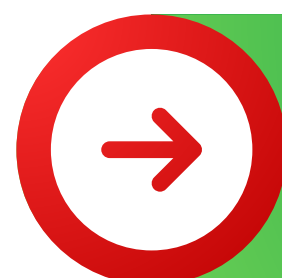
Medical Wellness



Nichè

Fitness & Wellbeing

Palinsesto Pilates Reformer 2026



LUNEDÌ



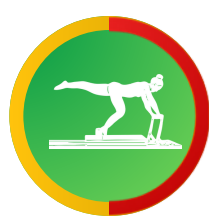
08:30 - 45' - Antonella
Reformer
Basic



17:00 - 50' - Giusy
Reformer
Basic



18:00 - 50' - Giusy
Reformer
Intermedio

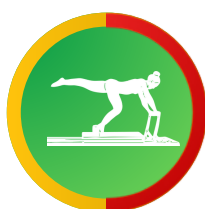


19:00 - 50' - Giusy
Reformer
Intermedio/Avanzato

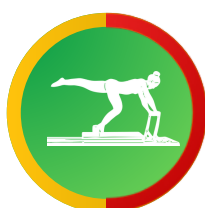


20:00 - 50' - Giusy
Reformer
Avanzato

MARTEDÌ



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



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



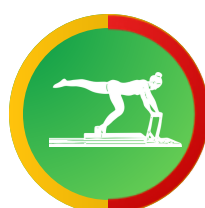
13:30 - 50' - Mariagrazia
Reformer
Functional



14:30 - 50' - Mariagrazia
Reformer
Cardio Dynamic



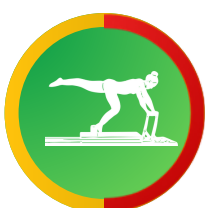
16:00 - 50' - Mariagrazia
Reformer
Postural Miofasciale



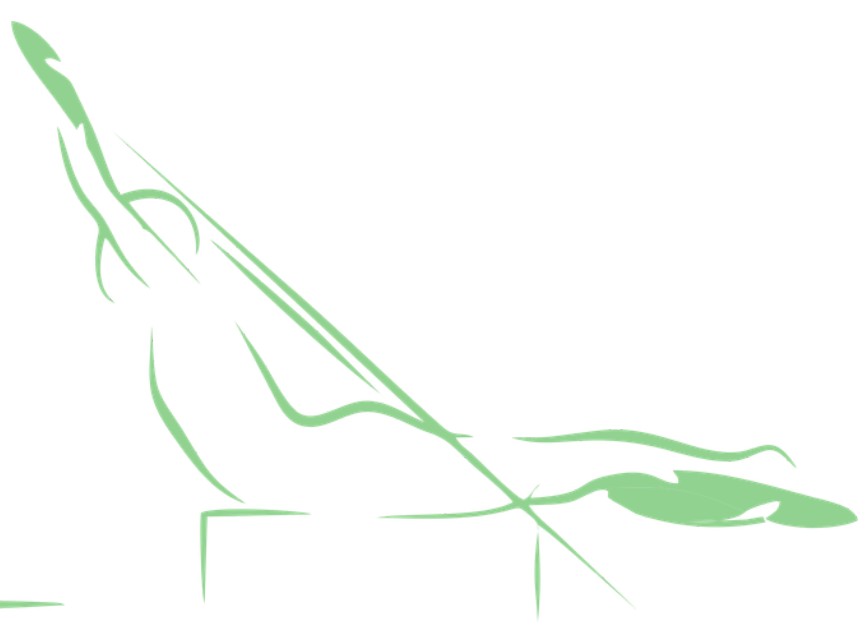
17:00 - 50' - Mariagrazia
Reformer
Intermedio/Avanzato



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



17:00 - 50' - Giusy
Reformer
Basic



18:00 - 50' - Giusy
Reformer
Intermedio

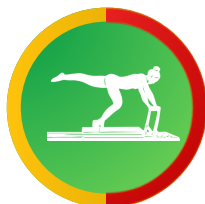


19:00 - 50' - Giusy
Reformer
Intermedio/Avanzato

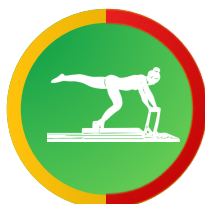


20:00 - 50' - Giusy
Reformer
Avanzato

GIOVEDÌ



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



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



13:30 - 50' - Mariagrazia
Reformer
Functional



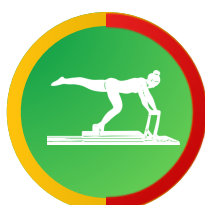
14:30 - 50' - Mariagrazia
Reformer
Postural Miofasciale



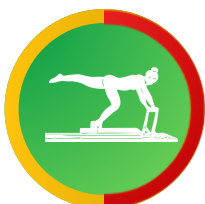
16:00 - 50' - Mariagrazia
Reformer
Cardio Dynamic



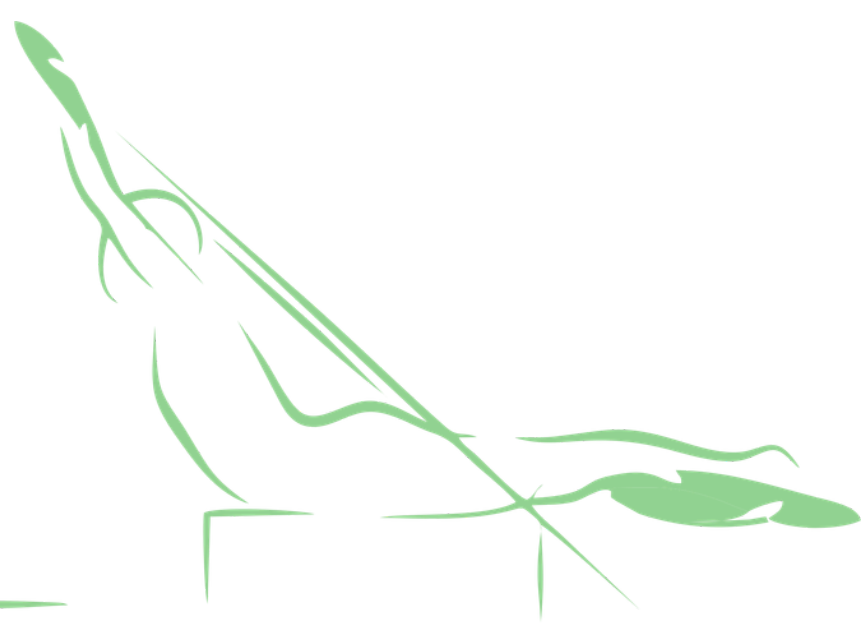
17:00 - 50' - Mariagrazia
Reformer
Intermedio/Avanzato



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
Cardio Dynamic

SABATO



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



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

