

Planning Corsi - ERBA

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
ANNA TOTAL BODY 09:30 - 10:15	LAURA VINYASA YOGA AVANZATO 09:30 - 10:30		ANNA FIT DANCE 10:00 - 10:45	SERENA PILATES 07:00 - 08:00	LAURA VINYASA YOGA BASE 10:00 - 11:00
ANNA PILATES 10:15 - 11:00		JESSICA POWER YOGA 10:30 - 11:30	ANNA GAG 10:45 - 11:30	LAURA VINYASA YOGA BASE 09:30 - 10:30	
CAMILLA HIIT 12:45 - 13:30	MONYA PILATES CON METODO MÉZIÈRES 12:45 - 13:30	JESSICA STRETCHING 12:45 - 13:30	ANNA PILATES 12:45 - 13:30	MARTINA STRETCH&FITBALL 12:45 - 13:30	
ANNA GAG 18:15 - 19:00	LAURA VINYASA YOGA BASE 18:00 - 19:00	SERENA PILATES 18:15 - 19:00	MARTINA MOBILITY 17:45 - 18:30	JESSICA POWER YOGA 18:00 - 19:00	
ANNA FIT DANCE 19:00 - 19:45	MARTINA INTERVAL TRAINING 19:00 - 19:45	SERENA PILATES 19:00 - 19:45	MARTINA POWER ABS 18:30 - 19:15	SALVATORE DANCE'S VIBE 19:15 - 20:00	
MARTINA FITBOXE 19:45 - 20:30	MARTINA GLUTES UP 19:45 - 20:30	SALVATORE DANCE'S VIBE 19:45 - 20:30	MARTINA TOTAL TONE 19:15 - 20:00	SALVATORE STRETCHING 20:00 - 20:30	
		SALVATORE STRETCHING 20:30 - 21:00			