

Planning Corsi - ERBA

LUNEDÌ

ANNA
GAG
09:30 - 10:15

ANNA
PILATES
10:15 - 11:00

CAMILLA
HIIT
12:45 - 13:30

TURSY
GAG
18:00 - 18:45

TURSY
FIT LATIN VIBES
18:45 - 19:30

TURSY
TOTAL BODY
19:30 - 20:00

MARTINA
FIT BOXE
20:00 - 20:45

MARTEDÌ

LAURA
YOGA
09:30 - 10:30

JESSICA
TOTAL BODY
10:45 - 11:30

JESSICA
MEDITATION & STRETCH
12:45 - 13:30

LAURA
YOGA
18:00 - 19:00

MARTINA
POWER CIRCUIT CARDIO
19:00 - 19:45

MARTINA
GLUTE & CORE
19:45 - 20:30

MERCOLEDÌ

JESSICA
TOTAL BODY
10:00 - 10:45

JESSICA
PILATES
10:45 - 11:30

MARTINA
TOTAL BODY
12:45 - 13:30

SERENA
PILATES
18:15 - 19:00

SERENA
PILATES
19:00 - 19:45

SALVATORE
DANCE'S VIBE
19:45 - 20:45

GIOVEDÌ

ANNA
FIT DANCE
10:00 - 10:45

ANNA
FITBALL TRAINING
10:45 - 11:30

JESSICA
PILATES
12:45 - 13:30

MARTINA
STRETCHING
18:00 - 18:45

MARTINA
CIRCUIT ABS
18:45 - 19:30

MARTINA
TOTAL TONE
19:30 - 20:15

VENERDÌ

SERENA
PILATES
06:45 - 07:30

LAURA
YOGA
09:30 - 10:30

MONYA
STRETCHING & TONE
12:45 - 13:30

SERENA
PILATES
18:30 - 19:15

SERENA
GAG
19:15 - 20:00

RELAX
MEDIA INTENSITÀ
ALTA INTENSITÀ