

Planning Corsi - ERBA

☎ 327 0205828

VIBE | FITNESS CLUB
be your resonance

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
				SERENA PILATES 06:45 - 07:30
SERENA GAG 09:30 - 10:15	LAURA YOGA 09:30 - 10:30		CRISTAL FIT DANCE 10:00 - 10:45	LAURA YOGA 09:30 - 10:30
SERENA PILATES 10:15 - 11:00	JESSICA TOTAL BODY 10:45 - 11:30	LAURA POWER YOGA 10:30 - 11:30	SERENA FITBALL TRAINING 10:45 - 11:30	
CAMILLA HIIT 12:45 - 13:30	JESSICA MEDITATION & STRETCH 12:45 - 13:30	MARTINA TOTAL BODY 12:45 - 13:30	SERENA PILATES 12:45 - 13:30	MONYA STRETCHING & TONE 12:45 - 13:30
TURSY GAG 18:00 - 18:45	LAURA YOGA 18:00 - 19:00	SERENA PILATES 18:15 - 19:00	MARTINA STRETCHING 18:00 - 18:45	SERENA PILATES 18:30 - 19:15
TURSY FIT LATIN VIBES 18:45 - 19:30	MARTINA POWER CIRCUIT CARDIO 19:00 - 19:45	SERENA PILATES 19:00 - 19:45	MARTINA CIRCUIT ABS 18:45 - 19:30	SERENA GAG 19:15 - 20:00
TURSY TOTAL BODY 19:30 - 20:00	MARTINA GLUTE & CORE 19:45 - 20:30	SALVATORE DANCE'S VIBE 19:45 - 20:45	MARTINA TOTAL TONE 19:30 - 20:15	
MARTINA FIT BOXE 20:00 - 20:45				

 RELAX
 MEDIA INTENSITÀ
 ALTA INTENSITÀ

 [vibe.fitness.club](https://www.instagram.com/vibe.fitness.club)

 Vibe Fitness

 [vibefitness.it](https://www.vibefitness.it)