

# PLANNING CORSI ERBA

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
ANNA <b>TOTAL BODY</b> 09:30 - 10:15	LAURA <b>VINYASA YOGA</b> 09:30 - 10:30		ANNA <b>FIT DANCE</b> 10:00 - 10:45	LAURA <b>VINYASA YOGA</b> 09:30 - 10:30	LAURA <b>VINYASA YOGA</b> 09:45 - 10:45
ANNA <b>PILATES</b> 10:15 - 11:00			ANNA <b>GAG</b> 10:45 - 11:30		
CAMILLA <b>HIIT</b> 12:45 - 13:30	JESSICA <b>HATA YOGA</b> 12:45 - 13:30	MARTINA <b>STRETCHING</b> 12:45 - 13:30	ANNA <b>PILATES</b> 12:45 - 13:30	MARTINA <b>FULL BODY</b> 12:45 - 13:30	
ANNA <b>GAG</b> 18:15 - 19:00	LAURA <b>VINYASA YOGA</b> 18:00 - 19:00	JESSICA <b>FLEX&amp;CORE</b> 18:30 - 19:30	MARTINA <b>MOBILITY</b> 18:00 - 18:45	JESSICA <b>HATA YOGA</b> 18:15 - 19:15	
ANNA <b>FIT DANCE</b> 19:00 - 19:45	MARTINA <b>STRENGTH TRAINING</b> 19:00 - 19:45	SALVATORE <b>DANCE'S VIBE</b> 19:30 - 20:30	MARTINA <b>CORE</b> 18:45 - 19:30	SALVATORE <b>DANCE'S VIBE</b> 19:15 - 20:15	
MARTINA <b>FITBOXE</b> 19:45 - 20:30	MARTINA <b>LOW BODY</b> 19:45 - 20:30		MARTINA <b>SCULPT</b> 19:30 - 20:15		