

# PLANNING CORSI ERBA

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