

# Planning Corsi - ERBA

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