

# Planning Corsi - ERBA

☎ 327 0205828

**VIBE** | FITNESS CLUB  
be your resonance

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

 RELAX  
 MEDIA INTENSITÀ  
 ALTA INTENSITÀ

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

 Vibe Fitness

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