

**New Classes!
New Hours!**

plexus

group classes



13:00 - 14:00
Monday Plexus Teresa
Level 2



19:00 - 20:00
Monday Plexus Jon
Level 2-3



19:00 - 20:00
Tuesday Vinyasa Yoga Teresa
Level 2



13:00 - 14:00
Wednesday Vinyasa Yoga Teresa
Level 1-2



16:00 - 17:00
Wednesday Plexus Teresa
Level 1



19:00 - 20:00
Wednesday Plexus Jonathan
Level 2



13:00 - 14:00
Friday Pilates Mat Teresa
Level 2



18:00 - 19:00
Friday Plexus Jon
Level 1-2

Premium studio group classes limited to 7 people / semiprivate

www.theplexus.it

**Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties who respond directly to clients.