



EXCLUSIVE FOR FAO - STAFF - COOP

OPEN DAY **plexus**



"SHAPE UP, FUEL UP, AND FEEL GREAT: EXPERIENCE THE ULTIMATE WELLNESS AT THE PLEXUS STUDIO OPEN DAY!"



February 4th



Via Arenula, 53
Plexus



10.00 AM -
6.00 PM

The Program:

- 10 am to 12 pm: **Private Pilates or Duets** with co-founder of Plexus Teresa
- 12pm: **Plexus Method**, the best of yoga, pilates, and functional fitness collide in one powerful program
- 12p : **Yoga**, join the flow of the Yoga Vinyasa class!"
- 2pm and 4pm: **Physical Therapy** with physiotherapist Gioacchino!
- 4pm and 6pm: **Nutrition counseling** with our Nutritionist and DNA expert, Alessia!"

REGISTER NOW AT :
PLEXUS@THEPLEXUS.IT
OR WRITE TO **+3498261922**

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