



ORARUL ANTRENAMENTELOR DE GRUP

РАСПИСАНИЕ ГРУППОВЫХ ЗАНЯТИЙ

	Luni/Понедельник	Marti/Вторник	Miercuri/Среда	Joi/Четверг	Vineri/Пятница	Sambata/Суббота	Duminica/Воскресенье
Sala 1							
Sala 2	09:00 UPPER BODY		9:00 BODYBAR TRAINING		09:00 STEP&ABS		
sala 3							
Sala 1							
Sala 2	10:00 FITCLASS INTERVAL	10:00 YOGA	10:00 FITBALL	10:00 YOGA	10:00 BODY PUMP	10:00 BELLY DANCE	10:00 DANCE MIX
Sala 3							
Sala 1							
Sala 2	11:00 PILATES	11:00 METABOLIC	11:00 CROSSFIT	11:00 FUNCTIONAL TRAINING	11:00 ABS&STRETCH	11:00 YOGA	11:00 METABOLIC
sala 3							
Sala 1						12:00 UPPER BODY	12:00 BIKE 60
Sala 2		12:00 STRETCH		12:00 LEG'S & BUTS	12:00 FITBALL	13:00 STEP&ABS	13:00 PILATES
Sala 3							
Sala 1						Notițe/Заметки	
Sala 2	18:00 UPPER BODY	18:00 FITCLASS INTERVAL	18:00 BODYBAR TRAINING	18:00 FITBALL	18:00 LEG'S & BUTS		
sala 3							
Sala 1							
Sala 2	19:00 CROSSFIT	19:00 BODY PUMP	19:00 STEP& ABS	19:00 METABOLIC	19:00 ABS MEN		
Sala 3		19:00 BIKE 45		19:30 BIKE 60			
Sala 1	20:00 BOX	20:00 STRIP DANCE	20:00 BOX		20:00 YOGA		
Sala 2	20:00 YOGA		20:00 YOGA	20:00 STRETCH	19:30 PILATES		
sala 3							