



ORARUL ANTRENAMENTELOR DE GRUP

РАСПИСАНИЕ ГРУППОВЫХ ЗАНЯТИЙ

	Luni/Понедельник	Marti/Вторник	Miercuri/Среда	Joi/Четверг	Vineri/Пятница	Sambata/Суббота	Duminica/Воскресенье	
9:00	Sala 1							
	Sala 2	9:00 LEG'S & BUTTS		9:00 FITBALL		9:00 UPPER BODY		
	sala 3							
10:00	Sala 1							
	Sala 2	10:00 GLIDING	10:00 YOGA	10:00 BODYBAR TRAINING	10:00 YOGA	10:00 STEP & ABS	10:00 DANCE MIX	
	Sala 3							
11:00	Sala 1							
	Sala 2	11:00 PILATES	11:00 FITCLASS INTERVAL		11.00 BODY PUMP	11:00 STRETCH	11:00 FITBALL	
	sala 3			11:00 BIKE 45		11:00 BIKE 60		
12:00	Sala 1					12:00 BODYBAR TRAINING	12:00 PILATES	
	Sala 2		12:00 ABS&STRETCH		12:00 FUNCTIONAL TRAINING			
	Sala 3							
13:00	Sala 1							
	Sala 2					13:00 ABS&STRETCH		
	Sala 3							
18:00	Sala 1					Notițe/Заметки		
	Sala 2	18:00 GLIDING	18:00 CROSSFIT	18:00 BODYBAR TRAINING	18:00 METABOLIC			18:00 FITBALL
	sala 3							
19:00	Sala 1	19:00 BACHATA LEDY STYLE						
	Sala 2	19:00 UPPER BODY	19:00 BODY PUMP	19:00 STEP & ABS	19:00 LEG'S & BUTTS	19:00 ABS MEN		
	Sala 3		19:00 BIKE 45					
20:00	Sala 1	20:00 BOX	20:00 STRIP DANCE	20: 00 BOX		20:00 YOGA		
	Sala 2	20:00 YOGA	20:00 PILATES	20:00 YOGA	20:00 STRETCH			
	sala 3					19:30 BIKE 60		