


FITNESSCLASS

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 FITCLASS INTERVAL		09:00 UPER BODY		
	sala 3							
10:00	Sala 1			10:00 YOGA				
	Sala 2	10:00 ZUMBA		10:00 TRX		10:00 STEP & ABS	10:00 STEP & ABS	
	Sala 3							
11:00	Sala 1							
	Sala 2	11:00 PILATES	11:00 LEG'S & BUTTS	11:00 ABS&STRETCH	11:00 FITBALL	11:00 STRETCH	11:00 TRX	
	sala 3					11:00 BIKE 60		
12:00	Sala 1							
	Sala 2		12:00 FUNC CLASS		12:00 BODY PUMP	12:00 BODY PUMP	12:00 PILATES	
	Sala 3							
13:00	Sala 1							
	Sala 2					13:00 ABS&STRETCH		
	Sala 3							
18:00	Sala 1					Notițe/Заметки		
	Sala 2	18:00 CROSSFIT	18:00 FITCLASS INTERVAL	18:00 UPPER BODY	18:00 TRX			18:00 FUNC CLASS
	sala 3							
19:00	Sala 1							
	Sala 2	19:00 LEG'S & BUTTS	19:00 BODY PUMP	19:00 STEP & ABS	19:00 ZUMBA			19:00 TRX
	Sala 3		19:30 BIKE 45		19:30 BIKE 60			
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							