



# ORARUL ANTRENAMENTELOR DE GRUP

## РАСПИСАНИЕ ГРУППОВЫХ ЗАНЯТИЙ

	Luni/Понедельник	Marți/Вторник	Miercuri/Среда	Joi/Четверг	Vineri/Пятница	Sâmbătă/Суббота	Duminică/Воскресенье	
9:00	Sala 1							
	Sala 2	9:00 YOGA	9:00 BODY PUMP	9:00 YOGA	9:00 STEP & ABS	9:00 YOGA		
	sala 3							
10:00	Sala 1	<b>NEW</b>						
	Sala 2	10:00 PILATES MINI BALL	10:00 LEGS & BUTTS	10:00 STRETCH	10:00 TRX	10:00 UPPER BODY	10:00 BODY PUMP	
	Sala 3						10:00 DANCE MIX	
							10:00 BIKE 45	
11:00	Sala 1					<b>NEW</b>		
	Sala 2	11:00 ABS & STRETCH		11:00 FITBALL		11:00 PILATES MINI BALL	11:00 ABS & STRETCH	
	sala 3							
12:00	Sala 1							
	Sala 2							
	Sala 3							
13:00	Sala 1							
	Sala 2							
	Sala 3							
18:00	Sala 1			<b>NEW</b>		Notițe/Заметки  <b>NEW!!!</b>  <b>PILATES MINI BALL</b>		
	Sala 2	18:00 UPPER BODY	18:00 FITCLASS INTERVAL	18:00 TRX	18:00 AROUND THE CLASS			18:00 FITBALL
	sala 3							
19:00	Sala 1							
	Sala 2	19:00 LEGS & BUTTS	19:00 BODY PUMP	19:00 STEP & ABS	19:00 DANCE MIX	19:00 ABS & STRETCH		
	Sala 3				19:00 BIKE 45			
20:00	Sala 1	20:00 BOX	20:00 BOX					
	Sala 2	20:00 YOGA	20:00 STRIP DANCE	20:00 YOGA	20:00 STRETCH	20:00 YOGA		
	sala 3							