



# 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 YOGA		9:00 YOGA		9:00 YOGA		
	sala 3							
10:00	Sala 1							
	Sala 2	10:00 POWER MIX	10:00 FUNCTIONAL	10:00 INTERVAL	10:00 FITBALL	10:00 DANCE STEP		
	Sala 3					10:00 BIKE INTERVAL		
11:00	Sala 1							
	Sala 2	11:00 BODY & MIND	11:00 ABS & STRETCH	11:00 PILATES +	11:00 BODY BALANCE	11:00 STRETCH	11:00 POWER MIX	
	sala 3					11:00-12:30 BOX	11:00 INTERVAL TRAINING	
12:00	Sala 1							
	Sala 2					12:00 PILATES	12:00 ABS&STRETCH	
	Sala 3							
13:00	Sala 1							
	Sala 2							
	Sala 3							
18:00	Sala 1					Notițe/Заметки		
	Sala 2	18:00 UPPER BODY	18:00 LEGS&BUTTS	18:00 TRX INTERVAL	18:00 FUNCTIONAL			18:00 STEP LEGS!
	sala 3							
19:00	Sala 1							
	Sala 2	19:00 INTERVAL TRAINING	19:00 BALLROOM DANCE	19:00 POWER MIX	19:00 DANCE MIX			19:00 ABS & STRETCH
	Sala 3		19:00 BIKE INTERVAL	19:30 BOX	19:00 BIKE 45			
20:00	Sala 1							
	Sala 2	20:00 YOGA	20:00 DYNAMIC STRETCH	20:00 YOGA	20:00 PILATES&STRETCH			
	sala 3							