



ORARUL ANTRENAMENTELOR DE GRUP

РАСПИСАНИЕ ГРУППОВЫХ ЗАНЯТИЙ

8:30
10:00
11:00
12:00
13:00
18:00
19:00
20:00

	Luni/Ponedelnic	Marti/Vtornik	Miercuri/Miércoles	Joi/Четверг	Vineri/Penteci	Sambăți/Sabato	Duminică/Domingo	
Sala 1								
Sala 2		8:30 YOGA		8:30 YOGA		8:30 YOGA		
Sala 3								
Sala 1								
Sala 2	10:00 INTERVAL	10:00 POWER MIX	10:00 FUNCTIONAL	10:00 FITBALL	10:00 DANCE STEP			
Sala 3						10:00 BIKE INTERVAL		
Sala 1								
Sala 2	11:00 PILATES+	11:00 BODY&MIND	11:00 ABS& STRETCH	11:00 BODY BALANCE	11:00 STRETCH	11:00 BODY PUMP		
Sala 3								
Sala 1								
Sala 2						12:00 PILATES+		
Sala 3								
Sala 1								
Sala 2								
Sala 3								
Sala 1						Noapte/Zаметки		
Sala 2	18:00 FITBALL	18:00 BODY PUMP	18:00 ABS&BACK	18:00 UPPER BODY	18:00 INTERVAL			
Sala 3								
Sala 1								
Sala 2	19:00 FUNCTIONAL	19:00 BALLROOM DANCE	19:00 POWER MIX	19:00 DANCE MIX	19:00 ABS & STRETCH			
Sala 3		19:00 BIKE INTERVAL		19:00 BIKE 45				
Sala 1								
Sala 2	20:00 YOGA	20:00 DYNAMIC STRETCH	20:00 YOGA	20:00 PILATES&STRETCH				
Sala 3								