

Program Group Fitness

Ora	Luni	Marti	Miercuri	Joi	Vineri	Sâmbătă	Duminică
07:00	FITNESS CHALLENGE Raluca C. 60 min.	.	TRX Raluca C. 60 min		TOTAL WORKOUT Raluca C. 60 min.		
08:30	SPINNING Ana S.	ATHLETIC ROUTINE TERRY	SPINNING Ana S.		SPINNING Terry		
10:00						AQUASHAPE Mihaela I. 50 min	
10:30						SPINNING Ana S.	
11:00	GET FIT ANA S.	POWER PILATES Raluca B 60 min		YOGA SYNERGY Raluca B. 60 min		TRX Raluca C. 60 min	INSANITY Staffy 60 min
12:00						CIRCUIT TRAINING Raluca C. 60 min.	YOGA SYNERGY Raluca B 60 min.
17:00	*DANCE KIDS Oana 50 min	*CYCLING KIDS (in curand)		*CYCLING KIDS (in curand)	*DANCE KIDS Oana 50 min		
17:30		*KARATE Copii 50 min.		*KARATE Copii 50 min.			
18:30	INSANITY Staffy 60 min	CORE& STRETCHING Mihaela Ioan 30 min	STRONG by Zumba Madalina 60 min	HIGH INSANITY Staff 30 min			
19:00	AQUASHAPE (in curand)		AQUASHAPE (in curand)		CARDIO& STRETCHING Raluca B. 60 min.		
19:30	GET FIT Madalina 60 min	BE-YOU-tiful Raluca C. 60 min	ABT Madalina 60 min.	TABATA Raluca C. 60 min			
20:00	SPINNING Alex G.	SPINNING Terry	SPINNING Alex. G.	SPINNING Terry	POWER PILATES Raluca B. 60 min		
20:30	ZUMBA Madalina 60 min	TRX Raluca C. 60 min	INSANITY Staffy 60 min	TRX Raluca C. 60 min			

***Cursurile de karate, dance kids, cycling kids reprezintă servicii suplimentare ce necesită abonamente diferite pentru fiecare în parte, nefiind incluse în cele de tip Wellness.**

Programarile se fac la receptia clubului:0723.998.266/0758.818.160
Va rugam sa respectati ora de incepere a claselor de spinning si aerobic