

ORA ВРЕМЯ	SALA ЗАЛ	LUNI ПОНЕДЕЛЬНИК	MARTI ВТОРНИК	MIERCURI СРЕДА	JOI ЧЕТВЕРГ	VINERI ПЯТНИЦА	SÎMBĂȚĂ СУББОТА	DUMINICĂ ВОСКРЕСЕНЬЕ
09:00	Nº 1	STRETCH			FUNCTIONAL TRAINING			
						OUTDOOR BIKE		
10:00	Nº 1 Nº 2 BAZIN / БАСЕЙН FIGHT CLUB	FITBALL	KANGOO	KATTLEBELL	LEG SCULPT	STEP		
		HATHA YOGA	YOGA 1.5	YOGA THERAPY 1.5	YOGA 1.5	HATHA YOGA		AQUA BASIC
			HEALTH BASICS		HEALTH BASICS			
11:00	Nº 1 BIKE BAZIN / БАСЕЙН	ZUMBA BIKE	ABS	LATINA BIKE	ORIENTAL	PILATES BIKE	KATTLEBELL	FUNCTIONAL TRAINING
			AQUA NOODLES		AQUA BOOTS		AQUA BOOTS	
12:00	Nº 1 Nº 2 BIKE	BODY SCULPT	PILATES	UP SCULPT	STRETCH	LEG SCULPT	LATINA	ORIENTAL
							BIKE	BIKE
13:00	Nº 1 Nº 2	STRETCH	BODY SCULPT	STRETCH	PUMP	ABS	BODY SCULPT	STRETCH
14:00	Nº 1	ABS					STRETCH	
15:00	Nº 1 BAZIN / БАСЕЙН	AQUA BOOTS		AQUA DUMBBLLES		AQUA NOODLES		BODY SCULPT
16:00	Nº 1 Nº 2		LEG SCULPT	BODY SCULPT	ABS		FITBALL	ABS
17:00	Nº 1 Nº 2	PILATES	STRETCH	STEP	UP SCULPT	BODY SCULPT	PILATES	
18:00	Nº 1 Nº 2 BIKE	FUNCTIONAL TRAINING	FITBALL	ABS TRX	KATTLEBELL	STRETCH	ABS	
		STRETCH	BIKE	TRX		BIKE		
19:00	Nº 1 Nº 2 FIGHT CLUB BAZIN / БАСЕЙН	BODY SCULPT	PUMP	STRETCH	PILATES	LEG SCULPT		
		ZUMBA	PILATES	ZUMBA				
		MUAY-THAY	BOX	BOX	BOX	MUAY-THAY		
		AQUA BOOTS		AQUA DUMBBLLES				
				OUTDOOR BIKE				
20:00	Nº 1 Nº 2		HATHA YOGA		19.30 YOGA 1.5			

Reabilitare / Реабилитация

Modelarea corporală / Моделирование тела

Double Trouble

Resistance

Anti-Stress / Анти-стресс

Program de slăbire / Программа похудения

Nature Inspire

Real Man