

ORAR CLASE FITNESS



		LUNI			MARTI			MIERCURI			JOI			VINERI			SAMBATA				
		Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3	Studio 1	Studio 2	Studio 3		
8:00																					
9:00																					
9:30	Seniori Margo	Gravity Florin			Gravity Florin			Seniori Margo						Spin&Tone Alex							
10:00	Spin&Tone Alex							Gravity Florin							Gravity Florin						
11:00																					
12:00																					
15:00																					
16:00														Seniori Margo							
17:00	Fitball Aerobic Andreea	Gravity Mihaela		Functional Training Andreea	Gravity Florin		Step Mihaela	Gravity Andreea			Gravity Gabi	Functional Training Andreea	Butt&Abs Tabata Mihaela	Gravity Andreea							
18:00	Functional Training Mihaela		Abs&Back Andreea	Athletic Workout Florin		Thrill Gabriela	Zumba Roxi	Gravity Mihaela	Yoga Andreea	Thrill Gabriela	Gravity Florin	Athletic Workout Andreea			Pilates Andreea						
19:00	Zumba Roxi	Gravity Mihaela	TRX Florin		Gravity Florin	Pilates Gabriela		Gravity Abs&Legs Florin		Pilates Gabriela	Gravity Florin		Zumba Roxi	Gravity Alex							
20:00	Spin&Tone Alex							Gravity Pilates Florin	NOU TRX Alex			Insane Abs Gabriela	Spin&Tone Alex								
21:00																					