

# ORAR STUDIOURI



		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	Aerobic Seniori	Gravity Florin			Gravity Florin			Aerobic Seniori						Morning Circuit Florin			Spin&Tone Alex				
10:00	Spin&Tone Alex								Gravity Florin									Gravity Florin			
11:00																					
12:00																					
15:00												Junior modelling					Aerobic Seniori				
16:00																					
17:00		Gravity Mihaela			Functional Training Andreea	Gravity Glutes&Abs Florin		Step Mihaela	Gravity Denisa			Junior modelling	Gravity Denisa	Functional Training Andreea	Butt&Abs Tabata Mihaela						
18:00	Functional Training Mihaela		Abs&Back Andreea		Athletic Workout Florin	Gravity Denisa	Happy Fighters Karate	Zumba Simina	Gravity Mihaela	Yoga Andreea Avansați		Thrill Gabriela	Gravity Denisa	Happy Fighters Karate	Zumba Simina		Pilates Andreea				
19:00	Zumba Simina	Gravity Mihaela	TRX Florin		Pilates Gabriela	Gravity Florin	Happy Fighters Karate	Strong by Zumba Simina	Gravity Abs&Legs Florin	Yoga Andreea Începători		Pilates Gabriela	Gravity Florin	Happy Fighters Karate	Strong by Zumba Simina	Gravity Alex	Athletic Workout Andreea				
20:00	Spin&Tone Alex	Gravity Denisa			Thrill Gabriela	Gravity Alex			Gravity Pilates Florin	TRX Alex		Insane Abs Gabriela	Gravity Alex		Spin&Tone Alex	Gravity Denisa					
21:00																					
		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		