

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													
10:00	Ryde&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 Denisa	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	Ryde&Tone Alex	Gravity Denisa			Ryde Mihai	Gravity Alex	Thrill Gabriela		Gravity Pilates Florin	TRX Alex	Ryde Mihai	Gravity Alex	Insane Abs Gabriela	Ryde&Tone Alex	Gravity Denisa						
21:00																					