

LUNI	SALA 1	SALA 2	SALA 3	SALA 4	FIGHT CLUB	ORA
09.00						09.00
10.00						10.00
17.00				FUNCTIONAL TRAINING 50 min. / Cristina C.		17.00
17.30			BRAZILIAN BUTT 50 min. / Petra R.			17.30
18.00	BOSU GLUTES & CORE 50 min. / Suzi L.			FITBOX 50 min. / Cristina C.	AIKIDO 90 min. / Mihalache G.	18.00
18.30			POWER WORKOUT 50 min. / Petra R.			18.30
19.00	YOGA LA SALTEA 50 min. / Loredana D.					19.00
19.30			ZUMBA 50 min. / Simina F.			19.30
20.00						20.00
<b>MARȚI</b>						
09.00						09.00
16.30				TAEKWONDO 90 min. / Sebi C.		16.30
17.00	STABILITY POWER 50 min. / Alex B.				KICK BOX 90 min. / Anastasescu A.	17.00
17.30			ARMS & ABS 50 min. / Petra R.			17.30
18.00	BARRE FITNESS 50 min. / Cristina G.			ABS & LEGS 50 min. / Sebi C.		18.00
18.30		SPINNING 50 min. / Ionuț A.	STEP WORKOUT 50 min. / Petra R.		KARATE KYOKUSHIN 90 min. / Sorin U.	18.30
19.00	STRECHING ȘI DETENSIONARE 50 min. / Cristina G.			KANGOO JUMPS 50 min. / Claudia T.		19.00
19.30						19.30
20.00						20.00
<b>MIERCURI</b>						
09.00						09.00
10.00						10.00
17.00				FUNCTIONAL TRAINING 50 min. / Cristina C.		17.00
17.30						17.30
18.00	BOSU BURN TO FIRM 50 min. / Suzi L.			FITBOX 50 min. / Cristina C.	AIKIDO 90 min. / Mihalache G.	18.00
18.30			ARMS & ABS 50 min. / Petra R.			18.30
19.00						19.00
19.30			ZUMBA 50 min. / Simina F.			19.30
20.00						20.00

JOI	SALA 1	SALA 2	SALA 3	SALA 4	FIGHT CLUB	ORA
09.00						09.00
16.30				TAEKWONDO 90 min. / Sebi C.		16.30
17.00					KICK BOX 90 min. / Anastasescu A.	17.00
17.30			STABILITY POWER 50 min. / Alex B.			17.30
18.00	BARRE FITNESS 50 min. / Cristina G.			6 PACK 50 min. / Sebi C.		18.00
18.30		SPINNING 50 min. / Ionuț A.	BODY SHAPE 50 min. / Alex B.		KARATE KYOKUSHIN 90 min. / Sorin U.	18.30
19.00	STRETCHING 50 min. / Cristina G.			CROSS TRAINING 50 min. / Sebi C.		19.00
19.30			ZUMBA 50 min. / Simina F.			19.30
20.00						20.00
<b>VINERI</b>						
09.00						09.00
10.00						10.00
17.00					KICK BOX 90 min. / Anastasescu A.	17.00
17.30			POWER STEP 50 min. / Alex B.			17.30
18.00	AERIAL YOGA 50 min. / Loredana D.			KANGOO JUMPS 50 min. / Claudia T.		18.00
18.30			FUNCTIONAL TRAINING 50 min. / Alex B.			18.30
19.00						19.00
19.30						19.30
20.00						20.00
<b>SÂMBĂȚĂ</b>						
09.30						09.30
10.00				FUNCTIONAL TRAINING 50 min. / Claudia T.	TAEKWONDO 90 min. / Sebi C.	10.00
10.30						10.30
11.30					KARATE KYOKUSHIN 90 min. / Sorin U.	11.30

Abonament **GOLD** — Valabil la cele două săli Grand Fitness.  
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