

LUNI	SALA 1	SALA 2	SALA 3	SALA 4	FIGHT CLUB	ORA
09.00						09.00
10.00						10.00
17.00				PUMP 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
MARȚI						
09.00						09.00
16.30						16.30
17.00	STABILITY POWER 50 min. / Alex B.			TAEKWONDO COPII 90 min. / Sebi C.	KICKBOX 90 min. / Anastasescu A.	17.00
17.30			ARMS & ABS 50 min. / Petra R.			17.30
18.00	ANTI GRAVITY FUN 50 min. / Andreea P.					18.00
18.30		SPINNING 50 min. / Ionuț A.	STEP WORKOUT 50 min. / Petra R.	ABS & LEGS 50 min. / Sebi C.	KARATE KYOKUSHIN 90 min. / Sorin U.	18.30
19.00						19.00
19.30	BUNGEE SUPERFLY 50 min. / Andreea P.					19.30
20.00						20.00
MIERCURI						
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	YOGA LA SALTEA 50 min. / Loredana D.					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						16.30
17.00				TAEKWONDO COPII 90 min. / Sebi C.	KICKBOX 90 min. / Anastasescu A.	17.00
17.30			STABILITY POWER 50 min. / Alex B.			17.30
18.00						18.00
18.30		SPINNING 50 min. / Ionuț A.	BODY SHAPE 50 min. / Alex B.	CROSS TRAINING & ABS 50 min. / Sebi C.	KARATE KYOKUSHIN 90 min. / Sorin U.	18.30
19.00						19.00
19.30			ZUMBA 50 min. / Simina F.			19.30
20.00						20.00
VINERI						
09.00						09.00
10.00						10.00
17.00					KICKBOX 90 min. / Anastasescu A.	17.00
17.30			POWER STEP 50 min. / Alex B.			17.30
18.00	ANTI GRAVITY FUN 50 min. / Andreea P.					18.00
18.30			FUNCTIONAL TRAINING 50 min. / Alex B.	GLUTES 50 min. / Cristina C.		18.30
19.00						19.00
19.30						19.30
20.00						20.00
SÂMBĂȚĂ						
09.30		SPINNING 50 min. / Ionuț A.				09.30
10.00					TAEKWONDO COPII 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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