

JOI	SALA 1	SALA 2	SALA 4	SALA 5	REAL RYDER	SPINNING	FIGHT CLUB	ORA
09.00								09.00
10.00								10.00
17.00				FUNCTIONAL TRAINING 50 min. / Andreea P.				17.00
17.30	TABATA 50 min. / Laura M.						KARATE COPII 90 min. / Arpad K.	17.30
18.00		CARDIO 50 min. / Camelia R.		ANTIGRAVITY FUN 50 min. / Andreea P.				18.00
18.30	BOSU GLUTES & ABS 50 min. / Suzi L.							18.30
19.00		KANGOO JUMPS 50 min. / Lavinia P.				SPINNING 50 min. / Camelia R.	KICK BOX 90 min. / Arpad K.	19.00
19.30	FUNCTIONAL TRAINING 50 min. / Radu L.			BUNGEE SUPERFLY 50 min. / Andreea P.				19.30
20.00								20.00
VINERI								
09.00								09.00
10.00								10.00
17.00				BUNGEE SUPERFLY 50 min. / Andreea P.				17.00
17.30		STRETCHING 50 min. / Laura M.						17.30
18.00				ANTIGRAVITY RESTORE 50 min. / Andreea P.			TAEKWONDO 90 min. / Sebi C.	18.00
18.30	ZUMBA 50 min. / Simina F.	FUNCTIONAL TRAINING 50 min. / Radu L.						18.30
19.00								19.00
19.30				ANTIGRAVITY SPECIAL 50 min. / Mirela I.			TAEKWONDO 90 min. / Sebi C.	19.30
20.00								20.00
SÂMBĂȚĂ								
09.30				ANTIGRAVITY SPECIAL 90 min. / Mirela, Andreea				09.30
10.00	TABATA 50 min. / Laura M.							10.00
10.30				BUNGEE SUPERFLY 50 min. / Mirela, Andreea				10.30

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

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