

LUNI	SALA 1	SALA 2	REAL RYDER	FIGHT CLUB	SALA 5 - ANTIGRAVITY	ORA
09.00						09.00
17.00						17.00
17.30	ABS & BUTT Laura M./ 50 minute					17.30
18.00		KANGOO JUMPS Lavinia P./ 50 minute		TAEKWONDO Sebi C./ 90 minute	FUNCTIONAL TRAINING Andreea P./ 50 minute	18.00
18.30	STRETCHING Laura M./ 50 minute					18.30
19.00					ANTIGRAVITY Andreea P./ 50 minute	19.00
19.30				TAEKWONDO Sebi C./ 90 minute		19.30
MARȚI						
09.00						09.00
17.00				KARATE COPII Arpad K./ 90 minute		17.00
17.30	BODY PUMP Laura M./ 50 minute					17.30
18.00			REAL RYDER Bogdan A./ 50 minute			18.00
18.30	BOSU CALORIE CRUSH Suzi L./ 50 minute			KICKBOX Arpad K./ 90 minute		18.30
19.00						19.00
19.30						19.30
MIERCURI						
09.00						09.00
17.00						17.00
17.30	TONIFIERE Laura M./ 50 minute					17.30
18.00				TAEKWONDO Sebi C./ 90 minute		18.00
18.30	PILATES Laura M./ 50 minute				BUNGEE SUPER FLY Andreea P./ 50 minute	18.30
19.00		KANGOO JUMPS Lavinia P./ 50 minute		KRAV MAGA Arpad K./ 90 minute		19.00
19.30				TAEKWONDO Sebi C./ 90 minute		19.30

JOI	SALA 1	SALA 2	REAL RYDER	FIGHT CLUB	SALA 5 - ANTIGRAVITY	ORA
09.00						09.00
17.00				KARATE COPII Arpad K./ 90 minute	FUNCTIONAL TRAINING Andreea P./ 50 minute	17.00
17.30	TABATA Laura M./ 50 minute					17.30
18.00		KANGOO JUMPS Lavinia P./ 50 minute	REAL RYDER Bogdan A./ 50 minute		ANTIGRAVITY Andreea P./ 50 minute	18.00
18.30	BOSU GLUTES & ABS Suzi L./ 50 minute			KICKBOX Arpad K./ 90 minute		18.30
19.00						19.00
19.30					BUNGEE SUPER FLY Andreea P./ 50 minute	19.30
20.00						20.00
VINERI						
09.00						09.00
17.00						17.00
17.30	STRETCHING Laura M./ 50 minute					17.30
18.00				TAEKWONDO Sebi C./ 90 minute		18.00
18.30	CIRCUIT TRAINING Laura M./ 50 minute					18.30
19.00						19.00
19.30				TAEKWONDO Sebi C./ 90 minute		19.30
20.00						20.00
SÂMBĂȚĂ						
09.30				KRAV MAGA Arpad K./ 90 minute		09.30
10.00	TABATA Laura M./ 50 minute				BUNGEE SUPER FLY Andreea P./ 50 minute	10.00
11.00					ANTIGRAVITY Andreea P./ 50 minute	11.00
11.30						11.30
12.00						12.00

Abonament **GOLD** – Valabil la cele două săli Grand Fitness. www.grand-fitness.ro