

LUNI	SALA 1	SPINNING	FIGHT CLUB		ORA
09.00					09.00
17.00	CIRCUIT TRAINING Cristina C./ 50 minute		KICKBOX Andrei A./ 90 minute		17.00
17.30					17.30
18.00	FITBOX Cristina C./ 50 minute				18.00
18.30		SPINNING Ionuț A. / 50 minute	AIKIDO Gigi M./ 90 minute		18.30
19.00	ZUMBA SIMINA M./ 50 minute				19.00
19.30					19.30
MARTI					
09.00					09.00
17.00	STRIKE Teodora P./ 50 minute		TAEKWONDO Sebi C./ 90 minute		17.00
17.30					17.30
18.00	STEP CARDIO Teodora P./ 50 minute				18.00
18.30		SPINNING Andra S. / 50 minute	KARATE KYOKUSHIN Sorin U./ 90 minute		18.30
19.00	ABS & LEGS Sebi C./ 50 minute				19.00
19.30					19.30
MIERCURI					
09.00					09.00
17.00			KICKBOX Andrei A. / 90 minute		17.00
17.30	ABS & BUTT Cristina C./ 50 minute				17.30
18.00					18.00
18.30	PILATES Cristina C./ 50 minute	SPINNING Ionuț A. / 50 minute	AIKIDO Gigi M./ 90 minute		18.30
19.00					19.00
19.30	ZUMBA SIMINA M./ 50 minute				19.30

JOI	SALA 1	SPINNING	FIGHT CLUB	ORA
09.00				09.00
17.00			TAEKWONDO Sebi C./ 90 minute	17.00
17.30				17.30
18.00				18.00
18.30	CROSS TRAINING Sebi C./ 50 minute	SPINNING Andra S. / 50 minute	KARATE KYOKUSHIN Sorin U./ 90 minute	18.30
19.00				19.00
19.30	ZUMBA SIMINA M./ 50 minute			19.30
20.00				20.00
VINERI				
09.00				09.00
17.00	FIT RHYTHM Teodora P./ 50 minute		KICKBOX Andrei A./ 90 minute	17.00
17.30				17.30
18.00	STEP ATHLETIC Robert H./ 50 minute			18.00
18.30				18.30
19.00	FUNCTIONAL TRAINING Louisa R./ 50 minute			19.00
19.30				19.30
20.00				20.00
SĂMBĂȚĂ				
09.30				09.30
10.00	FUNCTIONAL TRAINING Andra S./ 50 minute		TAEKWONDO Sebi C./ 90 minute	10.00
11.00				11.00
11.30			KARATE KYOKUSHIN Sorin U./ 90 minute	11.30
12.00				12.00

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