

## Botanica

Ora	Studiou	Luni	Marti	Miercuri	Joi	Vineri	Sâmbătă	Duminică
07:30	Studioul 2	Pilates				Body Stretch		
07:30	Studio 4		Pro Yoga		Pro Yoga			
08:15	Sala de forță		Aqua Circuit		Aqua Circuit			
09:00	Bazin						Aqua Mix	
09:00	Studioul 2	BODY COMBAT	BODY PUMP	UPPER BODY	Total Body	BODY COMBAT		
09:30	Bazin	Aqua Power		Aqua ABS+ABL		Aqua Mix		
10:00	Studioul 1	Zumba		PRO Stretch	Face Fitness	Stretch		
10:00	Studioul 2		LesMills Core	Zumba	Interval Power		STICKS	
10:00	Studio 3						Box	
10:00	Studio 4		Yoga		Yoga		Yoga	
11:00	Studioul 1		DANCE MIX		DANCE MIX			
11:00	Студия cycle		Cycle					
11:00	Studioul 2	Legs Sculpt		BODY PUMP		LesMills Core	BODY PUMP	Total Body
12:00	Studioul 1							Face Fitness
12:00	Studioul 2	Pilates	Stretch	Pilates	Stretch	Pilates	Pilates	BODY COMBAT
12:00	Студия cycle						Cycle	
13:00	Studioul 1							Body Stretch
13:30	Studio 4	Yoga		Yoga		Yoga		
16:00	Studioul 1						PRO Stretch	
15:00	Studioul 2						Interval Training	
18:00	Studioul 2	Pilates	BODY PUMP	LesMills Core	BODY COMBAT	Pilates		
18:00	Bazin	Aqua Power		Aqua ABS+ABL 30		Aqua Power		
19:00	Studioul 2	Strip Dance	Zumba	Strip Dance				
19:00	Studioul 2	Legs Sculpt	Interval Training	Total Body	Zumba	BODY PUMP		
19:00	Studio 3		Box					
19:00	Studio 4		Yoga		Yoga			
19:00	Студия cycle				Cycle			
19:30	Studio 4	TENIS		TENIS		TENIS		
20:00	Studioul 2	Pilates	Face	Body	Stretch	LesMills		

Ora	Studiou	Luni	Marti	Miercuri	Joi	Vineri	Sambata	Duminica
			Fitness	Stretch		Core		

## Центр

Ora	Studiou	Luni	Marti	Miercuri	Joi	Vineri	Sambata	Duminica
07:30	Studioul 1			Yoga				
08:30	Studioul 1	Yoga				Yoga		
09:00	Studioul 2	ENERGY PUMP	UPPER BODY	Functional Training	Total Body	Legs Sculpt		
10:00	Studioul 2	Pilates	Stretch	CORE training	Zumba	Pilates	Total Body	
11:00	Studioul 2						Stretch	ENERGY PUMP
12:00	Studioul 2							Stretch
18:00	Studioul 1	Total Body						
18:00	Studioul 2	FIGHT BOX 30	STICKS	Zumba	Functional Training	ENERGY PUMP		
19:00	Studioul 1	CORE training	Stretch	Legs Sculpt				
19:00	Studioul 2	Zumba	ENERGY PUMP	STRONG NATION	Interval Power	Zumba		
20:00	Studioul 1	Yoga	Pilates	Yoga	Stretch	Yoga		
20:00	Studioul 2	K - 1		K - 1		K - 1		

## Telecentru

Ora	Studiou	Luni	Marti	Miercuri	Joi	Vineri	Sambata	Duminica
08:00	Studio 3	Yoga		Yoga		Yoga	Yoga	
09:00	Studioul 2	ENERGY PUMP	FIGHT BOX	Legs Sculpt	Interval Training	Total Body		
09:00	Studio 3		Pilates		Pilates			
10:00	Studio 3				CYCLE 45			
10:00	Studioul 2	Zumba	CORE training	Pilates		Stretch		
11:00	Studioul 2						Total Body	FIGHT BOX
12:00	Studio 4						CYCLE 45	
12:00	Studioul 2							Stretch
18:00	Studioul 2	STRONG NATION	CORE training	Total Body	STICKS	ENERGY PUMP		
19:00	Studioul 2	K - 1		K - 1		K - 1		
19:00	Studioul 2	ENERGY PUMP	Functional Training	Zumba	Legs Sculpt	Pilates		
19:00	Studio 3	CYCLE 45	Yoga	CYCLE 45	Yoga			
20:00	Studioul 2	Pilates				Stretch		
20:00	Studioul 2		STEP - 2	Stretch	FIGHT BOX			