

Botanica 09-15.12

Ora	Studiou	Luni	Marti	Miercuri	Joi	Vineri	Sâmbătă	Duminică
07:30	Studioul 2	Pilates	Anti Age	Stretch	Anti Age	BODY BALANCE	Anti Age	
08:45	Bazin	Aqua Power 30	Aqua ABS+ABL 30	Aqua Circuit 30	Aqua Pilates 30	Aqua Freestyle 30	Aqua Jogging 30	Aqua ZUMBA
09:00	Studioul 2	BODY COMBAT 30	BODY PUMP	CIRCUIT	Total Body	BODY COMBAT		
09:30	Studioul 2	CXWorx 30						
09:30	sala de arte marțiale						Box PROFI	
09:30	Bazin	Aqua Power 30	Aqua ABS+ABL 30	Aqua Circuit 30	Aqua Pilates 30	Aqua Freestyle 30	Aqua Jogging 30	
10:00	Studioul 1			Stretch				
10:00	Studioul 2	Zumba	GRIT ATHLETIC	Zumba	GRIT STRENGTH	Stretch	STICKS	
10:00	Bazin						inot pentru copii	TENIS
10:00	Studio 4		Yoga		Yoga		Yoga	inot pentru copii
10:00	Студия cycle					RPM		
10:30	Studio 4		CXWorx 30					
11:00	Studioul 2	Legs Sculpt	BODY COMBAT	BODY PUMP	DANCE MIX	CXWorx 30	BODY PUMP	Total Body
11:00	Studioul 1		DANCE MIX					
12:00	Studioul 2	Pilates	Stretch	Pilates	CXWorx	Pilates	Pilates	BODY COMBAT
13:00	Studioul 2							BODY BALANCE
13:30	Studio 4	Yoga		Yoga		Yoga		
14:00	Studioul 2		Pilates		Pilates			
14:00	Bazin		Aqua ZUMBA		Aqua Circuit			
15:30	Bazin	inot pentru copii	inot pentru copii	inot pentru copii	inot pentru copii	inot pentru copii	inot pentru copii	
15:30	Studioul 2						BODY PUMP	
16:30	Studioul 2						Stretch	
17:00	Studioul 2			BODY PUMP				
18:00	Studioul 1	Pilates						
18:00	Studioul 2	BODY PUMP	Zumba	Pilates	BODY COMBAT	BODY PUMP		
18:00	Bazin	Aqua Noodles		Aqua Power		Aqua Jogging		
18:00	SF			POWER				

Ora	Studiou	Luni	Martți	Miercuri	Joi	Vineri	Sâmbătă	Duminică
				SHOCK				
18:30	Studioul 2		CXWorx 30					
18:30	SF			Press Express				
19:00	Studioul 1	Pilates		Strip Dance				
19:00	Studio 4		Yoga		Yoga			
19:00	Studioul 2	BODY COMBAT	BODY PUMP	BODY COMBAT	Zumba	GRIT STRENGTH		
19:00	sala de arte marțiale	K - 1		K - 1		K - 1		
19:00	Студия cycle			RPM				
19:30	Studioul 2					CXWorx 30		
19:30	Studio 4	TENIS		TENIS		TENIS		
20:00	Studioul 2	Stretch	Salon Dance	BODY BALANCE	Latina Dance	Pilates		

Centru 09-15.12

Ora	Studiou	Luni	Martți	Miercuri	Joi	Vineri	Sâmbătă	Duminică
07:30	Studioul 1			Yoga				
08:30	Studioul 1		Yoga		Yoga			
09:00	Studioul 2	ENERGY PUMP	Total Body	Functional Training	Zumba	Legs Sculpt	Yoga	
10:00	Studioul 2	Pilates	Stretch	Stretch	Stretch	Pilates	Total Body	
11:00	Studioul 2						Stretch	FIGHT BOX
12:00	Studioul 2							ENERGY PUMP
13:00	Studioul 2							Stretch
18:00	Studioul 1	Pilates		Pilates				
18:00	Studioul 2	FIGHT BOX	STICKS	Zumba	Functional Training	ENERGY PUMP		
19:00	SF	CROSS Training		CROSS Training		CROSS Training		
19:00	Studioul 1	CORE TRAINING 30	Stretch					
19:00	Studioul 2	Zumba	ENERGY PUMP	STRONG by ZUMBA	FIGHT BOX	Stretch		
20:00	Studioul 1	Yoga	Pilates	Yoga	Stretch	Yoga		
20:00	Studioul 2	K - 1		K - 1		K - 1		

Telecentru 09-15.12

Ora	Studiou	Luni	Martți	Miercuri	Joi	Vineri	Sâmbătă	Duminică
08:00	Studio 3	Yoga		Yoga		Yoga	Yoga	

Ora	Studiou	Luni	Marti	Miercuri	Joi	Vineri	Sambata	Duminica
09:00	Studioul 2	Total Body	Pilates	ENERGY PUMP	FIGHT BOX	STICKS		
09:00	Studio 3				Pilates			
10:00	Studioul 2			Pilates		Body Stretch		
10:00	Studio 4	Cycle	Cycle		Cycle			
11:00	Studioul 1						K-1 PROFI	
11:00	Studioul 2						ENERGY PUMP	Total Body
12:00	Studio 4						CYCLE 45	
12:00	Studioul 2							STICKS
12:30	SF	Functional Training		Functional Training		Functional Training		
13:00	Studioul 2							Stretch
18:00	Studioul 2	STRONG by ZUMBA	ENERGY PUMP	Pilates	Total Body	Pilates		
18:00	Studio 4			CYCLE 45				
19:00	Studioul 1	K - 1	K-1 PROFI	K - 1	K-1 PROFI	K - 1		
19:00	Studioul 2	ENERGY PUMP	SHOK	Zumba	ENERGY PUMP	ENERGY PUMP		
19:00	Studio 3		Yoga		Yoga			
19:00	Studio 4		CYCLE 45					
19:30	Studioul 2		CORE TRAINING 30					
20:00	Studioul 2	Pilates	STEP - 2	ENERGY PUMP	FIGHT BOX	Body Stretch		
21:00	Studioul 2				CORE TRAINING 30			