



**Fitness**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM		Yogalates (55')	Total body (55')	Bosu Pilates Flow (55')	Power Plus (55')		
8:30 AM						Yoga (90')	
9 AM	Pilates (55')	Body Workout (60')	Zumba (55')	Yogalates (55')	Power Bands (55')		Power Stretch (55')
10 AM	Aqua Yoga - Liora Zytcer (55')	Pilates (55')	TRX Flow (55')	Aqua (55') Total Abs (55')	Pilates (55')	Butt and Abs - Alina Pascu (55')	Body Workout (55')
11 AM	Body Workout (55')	Steel Training (55') Beat Boxing - anulat in data de 22.05 (55')	Butt and Abs (55')	Steel Training (55')	Kick Box (55')	Total Body (55')	Yoga - Liora Zytcer (55')
12 PM	Yoga (55')		Bosu Postural (55')	Yoga (55')	Bosu Functional (55')	Pilates (55')	
5 PM	TRX Flow	Bosu Postural (55')	Strese Release (55')	Pilates (55')			
6 PM	Legs & Abs (55') Yoga (Sala Balet 1) (55')	Nike Training Club (55')	Yoga - Studio Balet (90') Body Workout (55')	Upper Body & Abs (55')	Total Body (55')		
7 PM	BELLY Dance - Liora Zyter (55')	Body Pump (55')	TRX Cardio (55')	Pilates Flow (55') Aqua Kick (55')	Stress Release (55')		
8 PM	Yoga - Liora Zytce (55')	Pilates (55')	Stretching (55')				