



**Aerobics**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM		Yogalates (55')	Total Body (55')	Bosu Pilates Flow (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 Step Dance & Tone (55')	Pilates (55')	Power Stretching (55')	Aqua - Liora Zyter (55') Total Abs (55')	Pilates (55')	Total Body (55')	Body Workout (55')
11 AM	Body Workout (55')	Steel Training (55') Beat Boxing (55')	Butt and Abs (55')	Steel Training (55')	Kick Box (55')	Aqua - Liora Zyter (55') Butt and Abs (55')	Yoga (90')
12 PM	Yoga		TRX Functional (55')	Yoga (55')	Total Body (55')	Pilates (55')	
5 PM	TRX Flow (55')	Bosu Postural (55')	Strese Release (55')	Bosu Pilates (55')			
6 PM	Legs & Abs (55') Yoga (Sala Balet 1) (55')	Nike Training Club (55')	Yoga - Studio Balet (55') Body Workout (55')	Upper Body (55')	Total Body (55')		
7 PM	Zumba (55')	Body Pump (55')	Butt and Abs (55')	Aqua - Liora Zyter (55') Pilates (55')	Stress Release (55')		
8 PM	Yoga - anulata din 9.07 (55')	Pilates (55')	Stretching (55')				