



Aerobics

	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 Pasc (55')	Body Workout (55')
11 AM	Body Workout (55')	Steel Training (55') Steel Training (55') Beat Boxing - anulat in data de 22.0 (55')	Butt and Abs (55')	Steel Training (55')	Kick Box (55')	Kick Box (55')	Yoga (55')
12 PM	Yoga		TRX Functional (55')	Yoga (55')	Bosu Functional (55')	Pilates (55')	
5 PM	TRX Flow (55')	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')	Aqua Kick (55') Pilates Flow (55')	Stress Release (55')		
8 PM	Yoga (55')	Pilates (55')	Stretching (55')				