Events from September 17th - September 23rd 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM		Yoga & Pilates (55′) Marga Balan	Total Body (55′) Valentin Lemnaru	Bosu Flow (55′) Marga Balan			
8:30 AM						Outdoor Fun Games (90′)	
9 AM	Pilates (55′) Alexandru Rosu	Body Workout (55′) Alexandru Rosu	Zumba (55′) Cristina Hagiescu	Yoga & Pilates (55′) Marga Balan	Power Bands (55′) Valentin Lemnaru		Power Stretch (60′) Alexandru Rosu
10 AM	Zumba (55′) Denisa Ganea Aqua Gym (55′) Gloria Tone Cycling Interval (55′) Gabriel Sebastian	Pilates (55′) Marga Balan	TRX Flow (55′) Vlad Bucsa Cycling Interval (55′) Alex Ciocan	Aqua Gym (55′) Gloria Tone Total Abs (55′) Iulia Popa	Pilates (55′) Marga Balan	Outdoor Fun Games (55′) Outdoor Fun Games (55′)	Body Workout (55′) Alexandru Rosu
11 AM	Body Workout (55′) Costin Bucura	Steel Training (55′) Mike Cuc	Butt & Abs (55′) Costin Bucura	Steel Training (55′) Bianca Marcarov	Kick Boxing (55′) Costin Bucura Free Cycling Ride (55′) Mike Cuc	Outdoor Fun Games (55′)	Power Yoga & Yin Yoga (90′′) Jani Costache Aqua Games (6-12 years) - indoor pool (55′)
12 PM	Yoga (55′) Ovidiu Atanasiu	Cycling Interval (55′) Mike Cuc	Bosu Functional (55′) Costin Bucura	Yoga (55′) Bianca Marcarov	TRX Functional (55′) Costin Bucura	Outdoor Fun Games (55′)	
5 PM	TRX Flow (55′) Iulia Popa Zumba For Children (5-12 years) – studio balet (55′) Cristina Hagiescu	Bosu Postural (55′) Marga Balan	Stress Release (55′) Alexandru Rosu Yoga for children (5-12 years) (55′)	Bosu Pilates Flow (55′) Marga Balan Dance (7-12 years) (55′)			
6 PM	Legs & Abs (55′) Iulia Popa Yoga (55′) Ovidiu Atanasiu	Nike Training Club (55′) Dragos Ivan	Yoga For The Spine (55′) Jani Costache Body Workout (55′) Alexandru Rosu	Upper Body (55′) Iulia Popa Cycling Interval (55′) Gabriel Sebastian	Total Body (55′) Valentin Lemnaru		
7 PM	Zumba (55′) Cristina Hagiescu Cycling Interval (55′) Ovidiu Atanasiu	Body Pump (55′) Alexandru Rosu Cycling Interval (55′) Stefan Cusursuz	TRX Cardio (55′) Vlad Bucsa Free Ride Cycling (55′) Ovidiu Atanasiu	Aqua Gym (55′) Liora Zyter Butt & Abs Pilates (55′)	Power Yoga & Yin Yoga (55′) Gloria Tone		
8 PM		Pilates (55′) Alexandru Rosu	Stretching (55′) Ovidiu Atanasiu	Cycling Interval (55′) Stefan Cusursuz			