

Events from May 20th - May 26th 2019

🕒	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 AM	Butt & Abs (57') Denisa Ganea	Yoga & Pilates (55') Marga Balan	Total Body (55') Valentin Lemnaru	Bosu Flow (55') Marga Balan			
8:30 AM						Yoga For Detox (90') Denisa Ganea	
9 AM	Pilates (55') Alexandru Rosu	Body Workout (55') Alexandru Rosu	Zumba (55') Cristina Hagiescu	Pilates (55') Marga Balan	Power Bands (55') Vlad Bucsa		Power Stretch (60') Alexandru Rosu
10 AM	Step & Tone (55') Costin Bucura	Pilates (55') Marga Balan	TRX Flow (55') Vlad Bucsa	Aqua Gym (55') Costel Cosloc	Pilates (55') Marga Balan	Move & Balance (5-12 years & 9-15 years) - Ballet studio (55')	Body Workout (55') Alexandru Rosu
	Cycling Interval (55') Anca Bucur		Cycling Interval (55') Anca Bucur	Interval Training (55') Anca Bucur		Butt & Abs (55')	
	Aqua Gym (55') Denisa Ganea					Cycling Fun Ride - Outdoor Pool (55') Stefan Cusursuz	
11 AM	Strenght (55') Costin Bucura	Steel Training (55') Mike Cuc	Butt & Abs (55') Costin Bucura	Strenght (55') Anca Bucur	Beat Boxing (55') Costin Bucura Cycling Interval (55') Anca Bucur	Strenght (55')	Aqua Games (6-12 years) - indoor pool (55')
						Cycling Fun Ride - Outdoor Pool (55') Stefan Cusursuz	Yoga (55') Gloria Tone
						Aqua Gym (55') Denisa Ganea	Respiratie Holotropica - Stejarii I (55')
12 PM	Yoga & MEDITATION (90') Liora Zyter	Cycling Interval (55') Mike Cuc	Bosu (55') Costin Bucura	Yoga (55') Gloria Tone	Functional (55') Costin Bucura	Pilates (55') Marga Balan	Respiratie Holotropica - Stejarii I (55')
1 PM							Respiratie Holotropica - Stejarii I (55')
5 PM	Fusion Power Bands (55') Vlad Bucsa	Bosu Postural (55') Marga Balan	Stress Release (55') Alexandru Rosu	Abs & Pilates Flow (55') Marga Balan			
	Zumba For Children (5-12 years) - Cycling studio (55')		Yoga for children (5-12 years) - Squash studio (55')				
6 PM	Lower Body (55') Iulia Popa	Nike Training Club (55') Valentin Lemnaru	Body Workout (55') Alexandru Rosu	Circuit (55') Iulia Popa	Total Body (55') Valentin Lemnaru Cycling Interval (55') Anca Bucur		
	Yoga - Studio Balet (55') Ovidiu Atanasiu		Yoga for spine (55') Jani Costache	Cycling Interval (55') Stefan Cusursuz		Aqua Gym (55') Liora Zyter	
7 PM	Zumba (55') Denisa Ganea	Circuit Fusion (55') Alexandru Rosu	Cycling Interval (55') Ovidiu Atanasiu	Pilates & Meditation (55') Marga Balan	Stress Release (55') Gloria Tone		
	Cycling Interval (55') Ovidiu Atanasiu	Cycling Interval (55') Stefan Cusursuz	Interval Training (55') Anca Bucur				
8 PM	Pilates Props (55') Denisa Ganea	Power Stretch (55') Alexandru Rosu	Yoga (55') Ovidiu Atanasiu				