

Events from September 9th - September 15th 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8 AM		Bosu Postural (55') Marga Balan	Total Body (55') Dragos Ivan	Strenght (55') Anca Bucur				
8:30 AM						Yoga For Detox (90') Gloria Tone		
9 AM	Pilates (+12) (55') Alexandru Rosu	Body Workout (55') Alexandru Rosu	Zumba (+12) (55') Ana Marin	Interval Training (55') Anca Bucur	Power Bands (55') Vlad Bucsa		Power Stretch (60') Alexandru Rosu	
10 AM	Step & Tone (55') Costin Bucura	Pilates (+12) (55') Marga Balan	Power Bands (55') Vlad Bucsa	Pilates (+12) (55') Marga Balan	Pilates (+12) (55') Marga Balan	Butt & Abs (+12) (55') Costin Bucura	Total Body (55') Alexandru Rosu	
	Cycling (55') Liora Zyter		Cycling (55') Anca Bucur			Cycling (55') Mike Cuc		
	Aqua Gym (+12) (55') Denisa Ganea					Agility Kids (55')		
11 AM	Strenght (55') Costin Bucura	Steel Training (55') Mike Cuc	Butt & Abs (55') Costin Bucura	Steel Training (55') Bianca Marcarov	Beat Boxing (55') Costin Bucura	Aqua Gym (55') Gloria Tone	Aqua Games (6-12 years) - indoor pool (55')	
				Aqua Gym (55') Liora Zyter		Cycling (55') Mike Cuc		Cycling (55') Mike Cuc
						Strenght (55') Costin Bucura		Yoga (+12) (55') Gloria Tone
12 PM	Yoga (+12) (90') Liora Zyter	Cycling (55') Mike Cuc	Bosu Functional (55') Costin Bucura	Yoga (+12) (55') Bianca Marcarov	Functional (55') Costin Bucura	Pilates (+12) (55') Marga Balan		
5 PM	Zumba for Kids - Studio Cycling (55')	Bosu (55') Alexandru Rosu	Power Stretch (55') Alexandru Rosu	Bosu & Abs (55') Alexandru Rosu				
6 PM	Yoga (+12) (55') Ovidiu Atanasiu	Nike Training Club (55') Dragos Ivan	Body Workout (55') Alexandru Rosu	Cycling (55') Stefan Cusursuz	Total Body (55') Valentin Lemnar			
			Yoga for spine - Studio Balet (55') Jani Costache					
7 PM	Zumba (55') Denisa Ganea	Circuit Fusion (55') Alexandru Rosu	Interval Training (55') Anca Bucur	Pilates (+12) (55') Liora Zyter	Stress Release (55') Gloria Tone			
	Cycling (55') Ovidiu Atanasiu		Cycling (55') Stefan Cusursuz			Cycling (55') Ovidiu Atanasiu		
8 PM	Pilates (+12) (55') Denisa Ganea	Power Stretch (55') Alexandru Rosu	Yoga (+12) (55') Ovidiu Atanasiu					