

Program Aerobic Body Art Wellness Club

	Luni	Marti	Miercuri	Joi	Vineri	Sambata	Duminica
7:00	7:30 Total Body Workout cu Claudiu	7:30 Body Toning cu Raluca	7:30 Men Strong cu Silviu	7:30 Body Toning cu Raluca	7:30 Total Body Workout cu Claudiu		
8:00	8:30 Wake UP Spin cu Mike	8:30 Interval Spinning cu Cristi	8:30 Energy Spin cu Silviu	8:30 Interval Spinning cu Cristi			
	8:30 Burning Abs (30 min)						
9:00							
10:00						10:00 Interval Training	
11:00						11:00 KANGOO Jumps cu Oxana	11:00 Cardio Tone cu Liliana
12:00						12:00 Dansuri	12:00 Indoor Cycling
13:00	13:00 Just Legs cu George (30 min)		13:30 Just Legs cu George (30 min)			13:00 Extreme Cycling cu Catalina	13:00 Abs & Stretching
14:00							
15:00		15:00 Just Abs cu Andreea (30 min)		15:00 Just Abs cu Andreea (30 min)			
16:00							
17:00							
18:00		18:30 Zone Training cu Claudiu (30 min)	18:00 Kangoo Jumps cu Oxana	18:00 Boot Camp cu Andreea			
19:00	19:00 Just Abs (30 min)	19:00 TAE BO cu Florin	19:00 Interval Spinning cu Mihai	19:00 Team Cycling cu Silviu	19:00 Body Pump cu Silviu/George (30 min)		
	19:30 PUMP cu Silviu/George	19:00 Crazy Spin cu Catalina	19:00 Boot Camp cu Andreea (30 min)	19:00 Step & Tone cu Liliana	19:30 Interval Spinning cu Mihai		
	19:30 Fat Burning Spin		19:30 Just Abs cu Andreea (30 min)				
20:00	20:30 Cycling cu Mike	20:00 Zumba cu Claudiu	20:00 Rhythm Spinning	20:00 TAE BO cu Florin	20:30 Just Abs cu Mihai (30 min)		
21:00			21:00 Just Abs cu Mihai (30 min)	21:00 Dansuri			