

PLANUL A

	LUNI	MARȚI	MIERCURI	JOI	VINERI
8:00	-	-	-	-	-
8:30	-	-	-	-	-
9:00	-	NIRVANA FITNESS(T)	-	-	-
9:30	ANTRENAMENT FUNCTIONAL(C+T)	-	FREESTYLER SUPER TONING(C+T)	CIRCUIT TRAINING(C)	CIRCUIT TRAINING(C)
10:30	-	-	-	-	-
16:00	ANTRENAMENT DIVERS(C+T)	-	-	ANTRENAMENT DIVERS	-
17:00	FUNCTIONAL TRAINING(C+T)	TABATA(C)	FREESTYLER FUNCTIONAL(C+T)	FREESTYLER PILATES(T)	BUTT & ABS(T)
18:00	FREESTYLER SUPER TONING(C+T)	PILATES(T)	STEP & TONE(C+T)	NIRVANA FITNESS(T)	CIRCUIT TRAINING(C+T)
19:00	NIRVANA FITNESS(T)	YOGA	NIRVANA FITNESS(T)	ANTRENAMENT PIRAMIDAL(T)	TOTAL BODY(C+T)

SAMBATA: 10:00 ANTRENAMENT DIVERS

NU UITA SA TE PROGRAMEZI LA CLASA PREFERATA !

INTOARCE-TE LA SPORT ! 0735862319

PLANUL B

	LUNI	MARȚI	MIERCURI	JOI	VINERI
8:00	-	-	-	-	-
8:30	-	-	-	-	-
9:00	-	NIRVANA FITNESS	-	-	-
9:30	STEP&TONE	-	FREESTYLER SUPER TONING	CIRCUIT TRAINING	CIRCUIT TRAINING
10:30	-	-	-	-	-
16:00	ANTRENAMENT DIVERS	-	-	ANTRENAMENT DIVERS	-
17:00	FREESTYLER FUNCTIONAL	PILATES	CIRCUIT TRAINING	NIRVANA FITNESS	BUTT&ABS
18:00	STEP FUNCȚIONAL	ANTRENAMENT PIRAMIDAL	SUPER JUMP	FREESTYLER PILATES	CIRCUIT TRAINING
19:00	NIRVANA FITNESS	YOGA	FREESTYLER SUPER TONING	TABATA	ED. FIZICA „MAMA si COPILUL,

SAMBATA: 10:00 ANTRENAMENT DIVERS

NU UITA SA TE PROGRAMEZI LA MISCARE !

INTOARCE-TE LA SPORT ! 0735862319