

**FITNESS & WELLNESS CLUB ALEXIA**  
**ORARUL ANTRENAMENTELOR IN GRUP**  
 valabil din 01.11.2018-02.12.2018

Ora	Sala	Luni	Marti	Miercuri	Joi	Vineri	Sîmbăta	Duminica
8.00	sala 2	Yoga 8.00-9.30	Yoga Stretch	Yoga		Yoga 8.00-9.30		
	bazin		Aqua Noodles		Aqua ABS			
9.00	sala 1			ALL IN ONE				
	sala 2	★ ETUDE Soul Fitness	ATHLETIC STRETCH	★ ETUDE Soul Fitness	Yoga	★ ETUDE Soul Fitness	Yoga	Qigong 9.00-11.00
	bazin		Aqua Dumbbels		Aqua Noodles		Aqua Circuit	11.00 - seminar mod de viata santos(prima duminica a lunii)
10.00	sala 1			CYCLING 45				
	sala 2	HARD CORE	SUPER PUMP		Zumba Fit	ALL IN ONE	Zumba Fit	
	bazin						Aqua ABS	
11.00	sala 1				CircuitTRX	Functional		
	sala 2	FIT LEGS/UPPER BODY	AERO/ Functional	Stretching			SUPER PUMP	STEP PUZZLE
12.05	sala 1							CYCLING 35
	sala 2	LATINO DANCE	Stretching	FIT LEGS/UPPER BODY	Pilates plus		Stretching et.2	HARD CORE
	bazin			Aqua Circuit				
13.00	sala 1		TRX					
	sala 2	Pilates Plus				FITBALL	Capoeira	Pilates Plus
	bazin	Aqua Noodles		Aqua Dumbbels				
14.00	sala 1						Box	
	sala 2		Yogalates			Yogalates		
	bazin	Aqua Dumbbels						
17.00	sala 1							
	sala 2	ALL IN ONE		HARD CORE		SUPER PUMP		
18.00	sala 1							
	sala 2	Functional FULL BODY	Pilates Plus	FIT LEGS	SUPER PUMP	Step/ AERO/ Functional		
19.00	bazin		Aqua Noodles					
	sala 1	CYCLING 45		TRX + Stretch				
	sala 2	DANCE MIX	ALL IN ONE		Pilates plus	ATHLETIC STRETCH		
20.00	bazin		Aqua Circuit	VOLEI - et.2				
	sala 1		Box		Box			
	sala 2	Yoga	Capoeira		Capoeira	Yoga		
		FOTBAL - et.2		BADMINTON - et.2				

★ Studio - antrenamente in mini grup (3-5 persoane) cu înregistrarea prealabila și comun acord cu antrenorul

Antrenamente intensive     
 Body&Mind     
 antrenamente de dans     
 aqua aerobica