

FITNESS & WELLNESS CLUB ALEXIA
ORARUL ANTRENAMENTELOR IN GRUP
 valabil din 01.08.2018-2.09.2018

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							
	sala 2		ATHLETIC STRETCH	ALL IN ONE	Yoga		Yoga	Qigong 9.00-11.00
	bazin	Aqua STUDIO	Aqua Dumbbels		Aqua Noodles		Aqua Circuit	
10.00	sala 1			CYCLING 45			FLY YOGA studio	11.00 - seminar mod de viata santos(prima duminica a lunii)
	sala 2	HARD CORE	Step/ AERO/ Functional		TRX	Step/ AERO/ Functional	Zumba Fit	
	bazin						Aqua ABS	
11.00	sala 1					ALL IN ONE		
	sala 2	FIT LEGS/UPPER BODY	CIRCUIT TRAINING	Stretching	SUPER PUMP		SUPER PUMP	STEP PUZZLE
12.05	sala 1							CYCLING 35
	sala 2	LATINO DANCE	Stretching	CIRCUIT TRAINING	Pilates plus		Stretching et.2	HARD CORE
	bazin			Aqua Circuit				
13.00	sala 1		TRX				DANCE MIX	
	sala 2	Pilates Plus				FITBALL		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			HARD CORE		SUPER PUMP		
18.00	sala 1							
	sala 2	Functional FULL BODY	Pilates Plus	FIT LEGS	SUPER PUMP	Step/ AERO/ Functional		
	bazin		Aqua Noodles					
19.00	sala 1	CYCLING 45		TRX				
	sala 2	DANCE MIX	ALL IN ONE		Pilates plus	ATHLETIC STRETCH		
	bazin		Aqua Circuit	VOLEI - et.2				
20.00	sala 1		Box		Box			
	sala 2	Yoga				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

