PROGRAM AEROBIC

ORA	LUNI	MARTI	MIERCURI	JOI	VINERI	SAMBATA	DUMINICA
10.00	BURN FAT FAST *Raluca* 🟡	STEP AEROBIC Raluca 🟡	CIRCUIT TRAINING *Raluca* 🟡	BOOTY PUMP CIRCUIT Raluca 🟡	BIKE/PUMP CIRCUIT Raluca 🟡	PILATES BARRE *FUSION* *Claudia* 🟡	
11:00						INSANITY Marius 🔴	*TONING* *Alex* 🟡
12:00						DANCE WORKOUT Petrisor 🔵	
13:00						*ABS & BOOTY* *Fernando* 🟡	
17:00	*PILATES POSTURAL* *Claudia* 🟡						
18:00	*PILATES FLOW* *Claudia* 🟡	BODY SHAPE *Raluca* 🟡	DANCE WORKOUT Petrisor 🔵	BOOTY PUMP *CIRCUIT* Raluca 🟡	ATHLETIC FAT BURN *CIRCUIT* *Raluca* 🟡		
19:00	STEP TONE *Alex* 🟡	ZUMBA® *Maram* 🔵	ABT *Claudia* 🟡	ZUMBA® *Maram* 🔵	PILATES MAT Power Claudia 🔵		
20:00	TABATA Dragos 🔴	YOGA Claudia 🔵	*POWER PUMP* *2min fullbody* *Raluca* 🔴	YOGA Claudia 🔵	*FUNCTIONAL TRAINING* *Claudiu* 🟡		

Intensitate: Mica 🔵 Medie 🟡 Mare 🔴