

PROGRAM AEROBIC



ORA	LUNI	MARTI	MIERCURI	JOI	VINERI	SAMBATA	DUMINICA
10.00	BURN FAT FAST <i>Raluca</i> ●	STEP AEROBIC <i>Raluca</i> ●	CIRCUIT TRAINING <i>Raluca</i> ●	POWER & TONE <i>Raluca</i> ●	RESISTANCE TRAINING <i>Raluca</i> ●	PILATES BARRE FUSION <i>Claudia</i> ●	
11:00						INSANITY <i>Marius</i> ●	TONING <i>Alex</i> ●
12:00						DANCE WORKOUT <i>Petrisor</i> ●	
13:00						LATINO DANCE <i>Fernando</i> ●	
17:00				LATINO Aerobic Mix <i>Fernando</i> ●			
18:00	PILATES FLOW <i>Claudia</i> ●	BODY SHAPE <i>Raluca</i> ●	DANCE WORKOUT <i>Petrisor</i> ●	BRAZILIAN BUTT <i>Raluca</i> ●	CIRCUIT TRAINING <i>Raluca</i> ●		
19:00	STEP TONE <i>Alex</i> ●	ZUMBA® <i>Maram</i> ●	ABT <i>Alex</i> ●	ZUMBA® <i>Maram</i> ●	PILATES MAT Power <i>Claudia</i> ●		
20:00	TABATA <i>Dragos</i> ●	YOGA <i>Claudia</i> ●	2 MINUTES STRENGTH <i>Raluca</i> ●	YOGA <i>Claudia</i> ●	SUMMER BODY <i>Claudiu</i> ●		

Intensitate: Mica ● Medie ● Mare ●