

# GROUP CLASSES PROGRAM FROM 20/01/2020

## MONDAY

7:00	CROSS TRAINING - 60' PEDRO
9:30	CIRCUIT TRAINING - 30' PEDRO
10:00	BODY PUMP - 60' PEDRO
12:30	SPINNING - 60' GUY
12:30	TONE - 30' BARBARA
13:00	CXWORX - 30' BARBARA
17:30	CIRCUIT TRAINING - 30' PEDRO
18:00	CXWORX - 30' PEDRO
18:00	KRAV MAGA - 75' TOMMY
18:30	PILATES - 60' VALERIE
18:30	BODY PUMP - 60' SAMANTHA
19:15	YOGAYIN - 60' SARA
19:30	BODY ATTACK - 60' PEDRO
19:30	BODY JAM - 60' PEDRO G.
19:40	SPINNING - 60' WILLIE

## TUESDAY

9:30	CIRCUIT TRAINING - 30' PEDRO
10:00	CROSS TRAINING - 60' PEDRO
12:30	INTERVAL TRAINING - 30' FEVZI
13:00	BODY ATTACK - 30' FEVZI
17:30	CIRCUIT TRAINING - 30' PEDRO G.
18:00	JUMP FIT - 45' PEDRO G.
18:00	TONE - 30' STAN
18:30	GRIT - 30' STAN
18:45	B-FIT DANCE - 45' PEDRO G.
18:30	SPINNING - 60' PAUL D
19:00	MUAY THAI - 90' DIRK
19:00	YOGA HATHA - 90' SAMUEL
19:30	BODY COMBAT - 60' VERA
19:30	SPRINT - 30' SAMANTHA

## WEDNESDAY

7:00	SPINNING - 60' HEIDI
10:00	BODY SHAPE - 60' PEDRO G.
12:30	PILATES - 60' VALERIE
12:30	SPINNING - 60' GUY
12:30	CXWORX - 30' DORIAN
13:00	CROSS TRAINING - 30' DORIAN
17:30	CROSS TRAINING - 30' PEDRO
18:00	CXWORX - 30' PEDRO
18:30	BODYPUMP - 60' PEDRO
18:30	YOGA ELEMENTAL HATHA IRINA - 55'
18:30	BARRE - 45' BARBARA
19:30	BODY ATTACK - 60' LUDOVIC
19:30	BODY BALANCE - 60' BARBARA
19:30	SPINNING - 60' PAUL D.
19:40	BODY FLYING - 60' TRACEY

## THURSDAY

7:00	BODY PUMP - 60' VERA
9:30	CIRCUIT TRAINING - 30' PEDRO
10:00	CROSS TRAINING - 60' PEDRO
12:15	SPINNING - 75' PAUL S.
12:30	INTERVAL TRAINING - 30' FEVZI
13:00	BODY ATTACK - 30' FEVZI
17:00	CIRCUIT TRAINING - 30' PEDRO
18:00	CXWORX - 30' MARTINE
18:30	DANCE - 60' LAURA
18:30	SPINNING - 60' WILLIE
18:30	BODY STEP - 60' LUDOVIC
19:30	JUMP FIT - 45' PEDRO G.
19:30	YOGA VINYASA - 60' ALIX
19:30	MUAY THAI - 90' DIRK
20:15	GRIT - 30' HUGO

## FRIDAY

10:00	FAC - 60' PEDRO G.
12:30	CXWORX - 30' PEDRO
12:30	PILATES - 60' RHONDA
13:00	BODY PUMP - 30' PEDRO
17:30	CIRCUIT TRAINING - 30' PEDRO G.
18:00	CORE - 30' PEDRO G.
18:30	BODY JAM - 60' PEDRO G.
19:30	BODY PUMP - 60' PEDRO G.

### GROUP CLASS ROOM

-  STRONG ZONE
-  RELAX ZONE
-  RIDE ZONE
-  FLEX ZONE
-  CIRCUIT ZONE

## SATURDAY

9:30	SPINNING - 60' PAUL S.
10:30	SPINNING - 60' PAUL S.
10:30	BODY COMBAT - 60' KEVIN
10:30	YOGA VINYASA FLOW - 60' ALIX
11:30	BODY PUMP - 60' PEDRO
12:45	CROSS TRAINING - 30' PEDRO

## SUNDAY

10:30	SPINNING - 60' DJAMILA
10:30	DANCE CLASS - 60' LAURA
11:30	BODYPUMP - 60' CLAUDIO

