

GROUP CLASSES PROGRAM FROM 11/08/2020

MONDAY

| | |
|-------|---------------------------------|
| 7:00 | CROSS TRAINING - 60' PEDRO |
| 9:30 | CIRCUIT TRAINING - 30' PEDRO |
| 10:00 | BODY PUMP - 60' PEDRO |
| 12:15 | CXWORX - 30' BARBARA |
| 12:30 | SPINNING - 60' GUY |
| 13:00 | TONE CARDIO - 30' BARBARA |
| 17:30 | CIRCUIT TRAINING - 30' PEDRO |
| 18:00 | CORE LEGS BUTT- 60' PEDRO |
| 18:30 | PILATES - 60' AGNES |
| 19:15 | YOGA - 60' LAURETA |
| 19:15 | BODY ATTACK - 45' PEDRO |
| 19:45 | BODY JAM - 45' PEDRO G. |
| 19:40 | SPINNING - 60' WILLIE |
| 20:45 | BODY PUMP - 45' PEDRO G |

TUESDAY

| | |
|-------|------------------------------------|
| 9:30 | SPINNING - 60' PAUL S |
| 9:30 | BODY WEIGHT WORKOUT- 30' PEDRO |
| 10:00 | CROSS TRAINING - 60' PEDRO |
| 12:15 | TONE - 60' BARBARA |
| 17:30 | CIRCUIT TRAINING - 30' PEDRO G. |
| 18:00 | JUMP FIT - 45' PEDRO G. |
| 18:30 | SPINNING - 60' PAUL D |
| 19:00 | YOGA HATHA - 90' ASA |
| 19:00 | BODY COMBAT - 60' VERA |
| 19:00 | MUAY THAI- 90' DIRK |

WEDNESDAY

| | |
|-------|-------------------------------|
| 10:00 | BODY SHAPE - 60' PEDRO G. |
| 12:15 | GRIT FORCE - 30' PEDRO |
| 13:00 | CXWORX - 30' PEDRO |
| 16:00 | ABDOS FESSIER - 30' PEDRO |
| 17:30 | CROSS TRAINING - 30' PEDRO |
| 18:00 | CXWORX - 30' PEDRO |
| 18:30 | BARRE - 45' BARBARA |
| 18:30 | SPINNING - 60' PAUL D. |
| 18:45 | BODYPUMP - 60' PEDRO |
| 19:30 | BODY BALANCE - 60' BARBARA |

THURSDAY

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

FRIDAY

| | |
|-------|--------------------------------------|
| 9:30 | BODY WEIGHT WORKOUT - 30' PEDRO G |
| 10:00 | FAC - 60' PEDRO G. |
| 12:30 | CXWORX - 30' PEDRO |
| 12:30 | PILATES - 60' RHONDA |
| 13:00 | BODY PUMP - 30' PEDRO |
| 17:00 | CIRCUIT TRAINING - 30' PEDRO G. |
| 17:30 | CORE - 30' PEDRO G. |
| 18:00 | BODY JAM - 60' PEDRO G. |
| 19:00 | BODY PUMP - 60' PEDRO G. |







SATURDAY

| | |
|-------|--------------------------------|
| 9:15 | SPINNING - 60' PAUL S. |
| 10:00 | CROSS TRAINING - 30' PEDRO |
| 10:30 | SPINNING - 60' PAUL S. |
| 10:30 | YOGA VINYASA FLOW- 60' ALIX |
| 11:30 | BODY PUMP - 60' PEDRO |

SUNDAY

| | |
|-------|----------------------------|
| 10:30 | SPINNING - 60' DJAMILA |
| 10:30 | DANCE CLASS - 45' LAURA |
| 10:30 | YOGA FLOW - 60' ASA |
| 11:30 | BODYPUMP - 60' CLAUDIO |

GROUP CLASS ROOM

-  STRONG ZONE
-  RELAX ZONE
-  RIDE ZONE
-  FLEX ZONE
-  CIRCUIT ZONE
-  INDOOR AND ONLINE CLASS (ZOOM)

