

OPEN DAYS 26-29.09



GROUP CLASSES PROGRAM

COACHING

SATURDAY

9:15	SPINNING MARATHON- 120' PAUL S.
9:30	BODY PUMP - 60' PEDRO + PEDRO G
10:30	YOGA - 60' HELENA
10:30	CXWORX - 45' KEVIN + PEDRO
11:30	BODY PUMP - 60' KEVIN + PEDRO
11:30	BARRE - 60' BARBARA
12:30	GRIT - 60' PEDRO
12:30	BODY JAM - 60' PEDRO G + GUEST
13:30	BODY BALANCE - 60' BARBARA
13:30	CROSS TRAINING - 60' PEDRO
14:30	BODY COMBAT - 60' KEVIN + PEDRO G

SUNDAY

9:00	CIRCUIT TRAINING - 60' PEDRO
10:00	STRETCHING - 30' PEDRO
10:30	SPINNING - 60' DJAMILA
10:30	DANCE CLASS - 60' LAURA
10:30	YOGA FLOW - 60' ÅSA
11:30	BODYPUMP - 60' PEDRO + PEDRO G
12:30	GRIT - 30' PEDRO
13:00	JUMP FIT - 60' PEDRO G

MONDAY

7:00	CROSS TRAINING - 60' PEDRO
9:30	CIRCUIT TRAINING - 30' PEDRO
10:00	BODY PUMP - 60' PEDRO
12:30	CXWORX - 30' BARBARA
12:30	SPINNING - 60' GUY
12:30	BODY BALANCE- 60' VERA
13:00	TONE CARDIO - 30' BARBARA
17:30	GRIT FORCE - 30' PEDRO
18:00	CX WORX- 30' PEDRO
18:30	YOGA VINYASA - 60' HELENA
18:30	BODY ATTACK - 60' PEDRO
18:30	PILATES - 60' AGNES
19:30	BODY JAM - 60' PEDRO G.
19:30	SPIN POWER - 60' WILLIE
19:30	BOXING - 60' PRISCILLA
20:30	BODY PUMP - 60' PEDRO G.

TUESDAY

7:00	BOOT CAMP - 60' PEDRO
9:30	BODY WEIGHT WORKOUT- 30' PEDRO
10:00	CIRCUIT TRAINING - 30' PEDRO
10:30	STRETCHING - 30' PEDRO
12:30	SPINNING - 60' PAUL S
12:30	BODY PUMP - 60' PEDRO
18:00	TONE - 60' BARBARA
18:00	JUMP FIT - 45' PEDRO G.
18:30	SPINNING - 60' PAUL D
19:00	YOGA VINYASA - 60' NICOLE
19:00	BODY PUMP - 60' PEDRO G
19:00	MUAY THAI- 90' DIRK
19:30	SPINNING - 60' GUY
20:00	BODY COMBAT - 60' VERA

1 TO 1 SESSION

Strength Focused

- Hypertrophy Training
- Muscular Endurance Training
- Body Shaping

Posture Focused

- PNF Stretching (Proprioceptive Neuromuscular Facilitation Stretching)
- Correctional Training
- Balance Training

Medical Focused

- Pre / Post Natal Training
- Hypertension / Hypotension
- Depression/Anxiety
- Diabetes

*REGISTRATION ONLINE OR VIA PHONE COMPULSORY