

# GROUP CLASSES PROGRAM

from 06.01.2025

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

### SPINNING 60'

Paul S.

### BODY COMBAT 60'

Dan

### YOGA ASHTANGA 60'

Yuting

### FAC 60'

Dan

### RIDE 60'

Valerie

### POWER YOGA 90'

Adriana

### BODY PUMP 60'

Dan

## SUNDAY

### YOGA HATHA 60'

Åsa

### BODY PUMP 60'

Dan

### PILATES 60'

Mika

### Dance 60'

Laura

### BOXING 90'

David

### SPINNING 60'

Pietro

### BODY ATTACK 60'

Fevzi

### POWER YOGA 90'

Adriana

### GRIT 30'

Fevzi

7.00	CROSS TRAINING 60'	Pedro
7.00	INTERM VINYASA FLOW 60'	Adriana
9.00	ABDOS FESSIERS 30'	Pedro
9.30	TBC 60'	Pedro G.
11.30	FITNESS ASSISTANCE 60'	Pedro
12.30	POWER PILATES 60'	Dan
17.30	CORE CHALLENGE 30'	Pedro
18.00	BODY ATTACK 60'	Pedro
18.00	POWER PILATES 60'	Dan
18.00	BOXING 90'	Kader
19.00	SPINNING 60'	Djamila
19.00	FAC 60'	Dan
19.00	KRAV MAGA 90'	Zurab
20.00	BODY PUMP 60'	Dan

7.00	BODY WEIGHT WORKOUT 60'	Pedro
9.00	STRETCHING 30'	Pedro
9.30	CORE LEGS BUTT 60'	Pedro G.
12.00	SPINNING 60'	Paul S.
12.15	BOXING 90'	Kader
12.30	BODY PUMP 60'	Pedro
18.00	BODY PUMP 60'	Dan
18.00	BOXING 60'	David
18.00	INTERM VINYASA FLOW 60'	Adriana
18.00	SPINNING 60'	Paul D.
19.00	BODY COMBAT 60'	Dan
19.00	BOXING 60'	David
19.10	DANCE 60'	Laura
19.10	SPINNING 60'	Adam
20.00	MUAY THAI 60'	Dirk

7.00	SPINNING 60'	Paul S.
9.00	GRIT 30'	Pedro
9.30	BODY SHAPE 60'	Pedro
9.30	VINYASA FLOW 60'	Adriana
10.30	CORE CHALLENGE 30'	Pedro
12.30	TBC 60'	Pedro G.
12.30	PILATES 60'	Dan
12.30	BOXING 60'	Lucas
13.30	FITNESS ASSISTANCE 60'	Pedro
18.00	FULL BODY POWER 60'	Pedro
18.00	YOGA HATHA 60'	Oana
19.00	RIDE 60'	Valerie
19.10	BODY BALANCE 60'	Imane
19.30	KRAV MAGA 90'	Zurab
19.00	BODY PUMP 60'	Pedro

7.00	BODY PUMP 60'	Pedro
8.00	BOOTCAMP 60'	Pedro
10.00	BODY WEIGHT WORKOUT 60'	Pedro
11.00	FITNESS ASSISTANCE 60'	Pedro
12.00	SPINNING 60'	Paul S.
12.30	BODY PUMP 60'	Dan
18.00	BOXING 60'	Lucas
18.00	POWER PILATES 60'	Dan
18.00	GRIT 30'	Barbara
18.30	BODY ATTACK 60'	Fevzi
19.00	SPINNING 60'	Djamila
19.00	BOXING 60'	Lucas
19.10	YOGA HATHA 60'	Åsa
19.30	MUAY THAI 90'	Dirk

8.00	CIRCUIT TRAINING 60'	Pedro
11.00	CROSS TRAINING 60'	Pedro
12.30	BODY PUMP 30'	Pedro
12.30	YOGA HATHA 60'	Åsa
13.00	CORE CHALLENGE 30'	Pedro
14.00	FITNESS ASSISTANCE 60'	Pedro
18.00	BODY BALANCE 60'	Leo
18.00	BODY ATTACK 60'	Fevzi
19.00	SPINNING 60'	Momo
19.00	BODY PUMP 60'	Fevzi

- STRONG ZONE
- FLEX ZONE
- RIDE ZONE
- BOXING ZONE
- MAIN ZONE

