



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:15-10:00 Aqua Aerobisc Ania	8:00 - 8:45 Power & Strength Anjette	9:30 - 10:15 Toning Lina	09:30-10:15 Body Tone Bego	09:30-10:15 Body Fit Lina	
09:30-10:15 Stretch Bego	9:30-10:15 HIIT Ania				
		10:30-11:15 HIIT Kim		10:30-11:15 Body Tone Anjette	10:00-10:45 Piloxing Natalie
	12:15-13:00 TRX Ania	12:15-13:00 Pilates Lina			
13:15 - 14:00 TRX Ania	13:15-14:00 Barbell Pump Ania	13:30-14:15 TABATA Lina	13:15-14:00 Full Body Circuit Ania	13:15-14:00 Pilates Lina	
17:30 - 18:15 Toning Bego	17:30 - 18:15 Functional Training Bego	17:15-18:00 TRX Bego	17:15-18:00 Pilates Ania	17:15 - 18:00 Fit Ball Bego	
18:30 - 19:15 Weight & Core Lubo	18:15 - 19:00 Piloxing Erica	18:15 - 19:00 Strong Nation Erica	18:15-19:00 Functional Step Bego	18:15 - 19:00 Toning Bego	
19:30 - 20:15 Zumba Rita		19:30 - 20:15 Zumba Rita			

