

SUMMER TIMETABLE

MAIN STUDIO - AM

TIME	MON	TUES	WED	THU	FRI	SAT	SUN
10:00						BODY PUMP NADINE (45MIN)	BODY PUMP RICHARD
11:00	PILATES KELLY	BODY BALANCE UROS	YOGA KREMENA	PILATES KREMENA	FITNESS PILATES UROS	BODY ATTACK OSCAR / UROS	BODY BALANCE UROS

MAIN STUDIO - PM

12:00							CORE UROS
16:00	BODY PUMP HAMZA	BODY ATTACK UROS	BODY PUMP RICHARD	X-HIIT UROS	BODY PUMP RICHARD		YOGA KREMENA
17:00		CORE UROS		BODY BALANCE UROS			SWING YOGA KREMENA
18:00	KICK BOXING NASHA		GLUTE LAB NASHA		KICK BOXING NASHA		
18:45		STRENGTH & CONDITIONING NASHA		STRENGTH & CONDITIONING NASHA			

CYCLING STUDIO - AM

11:30							SPRINT AURELIE
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CYCLING STUDIO - PM

17:15	SPRINT UROS		SPRINT UROS				
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OUTDOOR AREA

18:45	TRX TRAINING DANNY		TRX TRAINING DANNY				
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	BODY BALANCE
	BODY ATTACK
	BODY PUMP
	GLUTE LAB
	YOGA / SWING YOGA
	PILATES
	KICK BOXING
	STRENGTH & CONDITIONING
	X HIIT
	SPRINT
	TRX

“When you think you're done, you're only at 40% of your body's capability.”
- David Goggins

