

## Botanica 19-25.08

| Время | Студия          | Понедельник      | Вторник          | Среда            | Четверг          | Пятница           | Суббота          | Воскресенье      |
|-------|-----------------|------------------|------------------|------------------|------------------|-------------------|------------------|------------------|
| 07:30 | Студия 2        | Pilates          | Anti Age         | Stretch          | Anti Age         | BODY BALANCE      | Anti Age         |                  |
| 08:45 | Бассейн         | Aqua Power 30    | Aqua ABS+ABL 30  | Aqua Circuit 30  | Aqua Pilates 30  | Aqua Freestyle 30 | Aqua Jogging 30  | Aqua ZUMBA       |
| 09:00 | Студия 2        | BODY COMBAT 30   | BODY PUMP        | STRONG by ZUMBA  | Total Body       | BODY COMBAT       |                  |                  |
| 09:30 | Студия 2        | CXWorx 30        |                  |                  |                  |                   |                  |                  |
| 09:30 | зал единоборств |                  |                  |                  |                  |                   | Box PROFI        |                  |
| 09:30 | Бассейн         | Aqua Power 30    | Aqua ABS+ABL 30  | Aqua Circuit 30  | Aqua Pilates 30  | Aqua Freestyle 30 | Aqua Jogging 30  |                  |
| 10:00 | Студия 1        |                  |                  | Stretch          |                  |                   |                  |                  |
| 10:00 | Студия 2        | Zumba            | GRIT ATHLETIC    | Zumba            | STEP - 2         | Stretch           |                  |                  |
| 10:00 | Студия cycle    |                  |                  |                  |                  | CYCLE 45          |                  |                  |
| 10:00 | Студия 4        |                  | Yoga             |                  | Yoga             |                   | Yoga             | детское плавание |
| 10:00 | Бассейн         |                  |                  |                  |                  |                   | детское плавание | ТЕННИС           |
| 10:30 | Студия 4        |                  | CXWorx 30        |                  |                  |                   |                  |                  |
| 11:00 | Студия 2        | Legs Sculpt      | BODY COMBAT      | BODY PUMP        | DANCE MIX        | GRIT ATHLETIC     | BODY PUMP        | Total Body       |
| 11:30 | Студия 2        |                  |                  |                  |                  | CXWorx 30         |                  |                  |
| 12:00 | Студия 2        | Pilates          | Stretch          | Pilates          | CXWorx           | Pilates           | Pilates          | BODY COMBAT      |
| 13:00 | Студия 2        |                  |                  |                  |                  |                   |                  | BODY BALANCE     |
| 13:30 | Студия 4        | Yoga             |                  | Yoga             |                  | Yoga              |                  |                  |
| 14:00 | Студия 2        |                  |                  |                  |                  |                   | BACHATA 90 мин   |                  |
| 14:00 | Бассейн         |                  | Aqua ZUMBA       |                  | Aqua Circuit     |                   |                  |                  |
| 15:30 | Студия 2        |                  |                  |                  |                  |                   | BODY PUMP        |                  |
| 15:30 | Бассейн         | детское плавание | детское плавание | детское плавание | детское плавание | детское плавание  | детское плавание |                  |
| 16:30 | Студия 2        |                  |                  |                  |                  |                   | Stretch          |                  |
| 17:00 | Студия 2        |                  |                  | BODY PUMP        |                  |                   |                  |                  |
| 18:00 | Студия 1        | Pilates          |                  |                  |                  |                   |                  |                  |
| 18:00 | Студия 2        | BODY PUMP        | STRONG by ZUMBA  | Pilates          | BODY COMBAT      | BODY PUMP         |                  |                  |
| 18:00 | Бассейн         | Aqua Noodles     |                  | Aqua Power       |                  | Aqua Jogging      |                  |                  |

| Время | Студия          | Понедельник | Вторник     | Среда         | Четверг      | Пятница       | Суббота | Воскресенье |
|-------|-----------------|-------------|-------------|---------------|--------------|---------------|---------|-------------|
| 18:00 | ТЗ              |             |             | POWER SHOCK   |              |               |         |             |
| 18:30 | Студия 2        |             | CXWorx 30   |               |              |               |         |             |
| 18:30 | ТЗ              |             |             | Press Express |              |               |         |             |
| 19:00 | Студия cycle    | CYCLE 45    |             | CYCLE 45      |              |               |         |             |
| 19:00 | Студия 2        | Zumba       | BODY PUMP   | Legs Sculpt   | Zumba        | GRIT STRENGTH |         |             |
| 19:00 | Студия 4        |             | Yoga        |               | Yoga         |               |         |             |
| 19:00 | зал единоборств | К - 1       | Box PROF    | К - 1         | Box PROF     | К - 1         |         |             |
| 19:30 | Студия 4        | ТЕННИС      |             | ТЕННИС        |              | ТЕННИС        |         |             |
| 19:30 | Студия 2        |             |             |               |              | CXWorx 30     |         |             |
| 20:00 | Студия 2        | Stretch     | Salon Dance | BODY BALANCE  | Latina Dance | Pilates       |         |             |

## Centru 19-25.08

| Время | Студия   | Понедельник      | Вторник     | Среда            | Четверг             | Пятница        | Суббота    | Воскресенье     |
|-------|----------|------------------|-------------|------------------|---------------------|----------------|------------|-----------------|
| 07:30 | Студия 1 |                  |             | Yoga             |                     |                |            |                 |
| 08:30 | Студия 1 |                  | Yoga        |                  | Yoga                |                |            |                 |
| 09:00 | Студия 2 | ENERGY PUMP      | Total Body  | FIGHT BOX 30     | UPPER BODY          | Legs Sculpt    | Yoga       |                 |
| 09:30 | Студия 2 |                  |             | CORE TRAINING 30 |                     |                |            |                 |
| 10:00 | Студия 2 | Pilates          | Stretch     | Stretch          | CORE training       | Pilates        |            |                 |
| 11:00 | Студия 2 |                  |             |                  |                     |                | Total Body | STRONG by ZUMBA |
| 12:00 | Студия 2 |                  |             |                  |                     |                | Stretch    | Zumba           |
| 13:00 | Студия 2 |                  |             |                  |                     |                |            | Stretch         |
| 18:00 | Студия 2 | SHOK             | FIGHT BOX   | ENERGY PUMP      | Functional Training | ENERGY PUMP    |            |                 |
| 18:30 | Студия 2 | CORE TRAINING 30 |             |                  |                     |                |            |                 |
| 19:00 | Студия 1 |                  | Legs Sculpt |                  |                     |                |            |                 |
| 19:00 | Студия 2 | ENERGY PUMP      | Zumba       | STRONG by ZUMBA  | Interval Power      | Zumba          |            |                 |
| 19:00 | ТЗ       | CROSS Training   |             | CROSS Training   |                     | CROSS Training |            |                 |
| 19:30 | Студия 2 |                  |             |                  | CORE TRAINING 30    | Yoga           |            |                 |
| 20:00 | Студия 1 | Yoga             | Pilates     | Yoga             | Stretch             | К - 1          |            |                 |
| 20:00 | Студия 2 | К - 1            |             | К - 1            |                     | К - 1          |            |                 |

## Telecentru 19-25.08

| Время | Студия   | Понедельник         | Вторник          | Среда               | Четверг          | Пятница             | Суббота     | Воскресенье |
|-------|----------|---------------------|------------------|---------------------|------------------|---------------------|-------------|-------------|
| 08:00 | Студия 3 | Yoga                |                  | Yoga                |                  | Yoga                | Yoga        |             |
| 09:00 | Студия 2 | Total Body          | Pilates          | ENERGY PUMP         | FIGHT BOX        | Legs Sculpt         |             |             |
| 09:00 | Студия 3 |                     |                  |                     | Pilates          |                     |             |             |
| 10:00 | Студия 2 | STEP - 2            |                  | Pilates             |                  | Body Stretch        |             |             |
| 10:00 | Студия 4 |                     | CYCLE 45         |                     | CYCLE 45         |                     |             |             |
| 11:00 | Студия 1 |                     |                  |                     |                  |                     | K-1 PROFI   |             |
| 11:00 | Студия 2 |                     |                  |                     |                  |                     | ENERGY PUMP | Total Body  |
| 12:00 | Студия 2 |                     |                  |                     |                  |                     |             | FIGHT BOX   |
| 12:00 | Студия 4 |                     |                  |                     |                  |                     | CYCLE 45    |             |
| 12:30 | ТЗ       | Functional Training |                  | Functional Training |                  | Functional Training |             |             |
| 13:00 | Студия 2 |                     |                  |                     |                  |                     |             | Stretch     |
| 18:00 | Студия 2 | STRONG by ZUMBA     | ENERGY PUMP      |                     | Total Body       | ENERGY PUMP         |             |             |
| 18:00 | Студия 3 |                     |                  | Pilates             |                  | Pilates             |             |             |
| 18:00 | Студия 4 |                     |                  | CYCLE 45            |                  |                     |             |             |
| 18:30 | Студия 2 |                     |                  | CORE TRAINING 30    |                  |                     |             |             |
| 19:00 | Студия 1 | K - 1               | K-1 PROFI        | K - 1               | K-1 PROFI        | K - 1               |             |             |
| 19:00 | Студия 2 | ENERGY PUMP         | SHOK             | Total Body          | ENERGY PUMP      | Zumba               |             |             |
| 19:00 | Студия 3 |                     | Yoga             | Zumba               | Yoga             |                     |             |             |
| 19:00 | Студия 4 |                     | CYCLE 45         |                     |                  |                     |             |             |
| 19:30 | Студия 2 |                     | CORE TRAINING 30 |                     |                  |                     |             |             |
| 20:00 | Студия 2 | Pilates             | STEP - 2         | ENERGY PUMP         | FIGHT BOX        | STEP - 2            |             |             |
| 20:00 | Студия 3 |                     |                  |                     |                  | Body Stretch        |             |             |
| 20:00 | Студия 4 | CYCLE 45            |                  |                     |                  |                     |             |             |
| 20:30 | Студия 2 |                     |                  | CORE TRAINING 30    |                  |                     |             |             |
| 21:00 | Студия 2 |                     | SHOK             |                     | CORE TRAINING 30 |                     |             |             |