

Spring Schedule

15th of April – 21st of July 2019

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|---|---|---|---|------------------------------------|---|---------------------------------|
| 07.15 | | | FAT BURN CYCLING 45 07.15 – 08.00 | | | | |
| 10.30 | | | | | | BODY PUMP 10:30 - 11:30 | |
| 11.00 | | | | | | PILATES 11:00 – 12:00 | |
| 11.10 | | | | | | | BODY PUMP 11:10 – 12:10 |
| 11.35 | | | | | | BODY STEP 11:35 – 12:35 | |
| 12.00 | | | | | | BODY SCULPT CYCLING 12:00 – 13:00 | BODY FUSION 12:00 – 13.00 |
| 12.15 | | ZUMBA 30 12:15 – 12:45 | | | | | |
| 12:20 | PILATES 45 12:20 – 13:05 | FEEL GOOD STRETCH 45 12:20 – 13:05 | BODY&MIND 45 12:20 – 13:05 | MAKABI CONCEPT PILATES 45 | PILATES 45 12:20 – 13:05 | ASHTANGA YOGA 12:20 – 13:20 | BODY STEP 12:20 – 13:20 |
| 12.20 | | | PILATES 45 12.20 – 13.05 | | | | |
| 12.30 | DIVINE ABS/THIGHS30 12:30 – 13:00 | | | BODYPUMP 45 12:30 – 13:15 | ZUMBA 30 12:30 – 13:00 | | |
| 12.30 | | ZERO GRAVITY (H2O) 45 12:30 – 13:15 | | ZERO GRAVITY (H2O) 45 12:30 – 13:15 | | | |
| 12.45 | CYCLING 45 12:45 – 13:30 | | CYCLING ON THE BEATS 45 12:45 – 13:30 | | PNP CYCLING 45 12:45 – 13:30 | | |
| 12.50 | | ZUMBA 30 12:50 – 13:20 | | | | | |
| 13.05 | DIVINE ABS/THIGHS30 13.05 – 13:35 | | | | ZUMBA 30 13:05 – 13:35 | | PILATES 13:05 – 14:05 |
| 13.10 | | | DIVINE ABS/THIGHS 45 13:10 – 13:55 | | | | |
| 13.10 | PILATES 45 13:10 – 13:55 | FEEL GOOD STRETCH 45 13:10 – 13:55 | BODY&MIND 45 13:10 – 13:55 | | PILATES 45 13:10 – 13:55 | | |
| 13.20 | | XPRESS SIX PACK 13:20 – 13:50 | | | | | |
| 13.30 | | | | | | VINYASA YOGA 13:30 – 14:30 | BODY PUMP 13:30 – 14:30 |
| 17.45 | XPRESS SIX PACK 17.45 – 18.15 | | | | | | |
| 17.45 | BODYPUMP 45 17:45 – 18:30 | BODYPUMP 45 17:45 – 18:30 | | | BODYPUMP 45 17:45 – 18:30 | | |

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| 18.00 | | | | | XPRESS SIX PACK 18.00 – 18.30 | | |
| 18.20 | VINYASA FLOW YOGA 18:20 – 19:20 | PILATES 18:20 – 19:20 | H.I.T 45 18:20 – 19:05 | | | | |
| 18.30 | | | PILATES 18:30 – 19:30 | VINYASA YOGA 18:30 – 19:30 | | | |
| 18.35 | BODY STEP 18:35 – 19:35 | BODY STEP 30 18:35 – 19:05 | | BODY PUMP 18:35 – 19:35 | BODY PUMP 18:35 – 19:35 | | |
| 18.45 | | | PILATES 18:45 – 19:45 (Cycling Studio) | | | | |
| 19.00 | | | | | POWER BOX 19:00 – 20:00 | | |
| 19.10 | | BODY PUMP 19:10 – 20:10 | BODY PUMP 19:10 – 20:10 | | | | |
| 19.15 | HIIT CYCLING 45 19.15 – 20.00 | CYCLING 19:15 – 20:15 | | PNP CYCLING 19.15 – 20.15 | | | |
| 19.25 | ASHTANGA YOGA 19:25 – 20:25 | PILATES 19:25 – 20:25 | | | | | |
| 19.35 | | | DIVINE ABS/THIGHS 45 19:35 – 20:20 | SWEET VINYASA YOGA 19:35 – 20:35 | | | |
| 19.40 | BODY PUMP 19:40 – 20:40 | | | BODY STEP 19:40 – 20:40 | | | |
| 20.15 | | | ZUMBA 20:15 – 21:15 | | | | |

All classes in green color are taking place in Studio 2

Aqua Gym classes are payable by 10 for 30 €