

Winter Schedule

7th of January – 14th of April 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.15			FAT BURN CYCLING 45 07.15 – 08.00				
09.30						MAKABI CONCEPT YOGA 09:30 – 10:30	
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		
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 fuchsia color are taking place in Studio 2

Aqua Gym classes are payable by 10 for 30 €