

WOMEN'S FITNESS PROGRAM

Morning Session

Ramadan 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Body Shape 9:30 AM Adrienn FS1 ..	Body Shape 9:30 AM Julie FS1 ..	RIPPED 9:30 AM Olena FS1 ..	Body Shape 9:30 AM Jovana FS1 ..	Legs, Bums & Tums 9:30 AM Jovana / Julie FS1 ..	Body Shape 9:30 AM Inna / Julie FS1 ..
Spinning 9:30 AM Julie Spinning Studio ..	Pilates 9:30 AM Estefania FS7 ..	Legs, Bums & Tums 9:30 AM Jovana / Maria Gerda FS2 ..	TRX 9:30 AM Monica FS5 ..	Pilates 9:30 AM Estefania FS7 ..	Rip & Lift 9:30 AM Beata / Olena FS2 ..
3 / 15 Workout 10:30 AM Maria Risay FS1 ..	Spinning 9:30 AM Monica Spinning Studio ..	Flex & Strength 9:30 AM Adrienn FS7 .	Yoga (Sun Salutation) 9:30 AM Nisha FS7 ..	Spinning 9:30 AM Daniela Spinning Studio ..	Pilates 9:30 AM Maria Risay FS7 ..
Pilates 10:30 AM Maria Gerda FS7 ..	Legs, Bums & Tums 10:30 AM Anasztazia / Elma FS1 ..	Body Shape 10:30 AM Anasztazia / Elma FS1 ..	Legs, Bums & Tums 10:30 AM Daniela / Julie FS1 ..	Body Shape 10:30 AM Katerina FS1 ..	Legs, Bums & Tums 10:30 AM Elma / Olena FS1 ..
Abdominal Workout 11:30 AM Julie / Maria Risay FS1 ..	Rip & Lift 10:30 AM Monica / Olena FS2 ...	Abdominal Workout 10:30 AM Adrienn FS2 ..	Rip & Lift 10:30 AM Monica / Olena FS2 ..	Abdominal Workout 10:30 AM Anasztazia FS2 ..	Abdominal Workout 10:30 AM Inna / Katerina FS2 ..
	Yoga 10:30 AM Nisha FS7 ..	Spinning 10:30 AM Daniela Spinning Studio ..	Yoga 10:30 AM Nisha FS7 ..	Fit Barre 10:30 AM Maria Gerda / Maria Risay FS7 ..	Yoga 10:30 AM Nisha FS7 ..
	Abdominal Workout 11:30 AM Julie / Olena FS1 ..	Pilates 11:30 AM Maria Gerda / Maria Risay FS7 ..	Abdominal Workout 11:30 AM Daniela / Elma FS1 ..	Flex & Strength 11:30 AM Anasztazia FS7 .	Circuit Training 11:30 AM Adrienn / Maria Risay FS1 ..

Afternoon Session

Body Shape 3:30 PM Estefania FS1 ..	Body Shape 3:30 PM Adrienn FS1 ..	Fitball Workout 3:30 PM Estefania / Katerina FS2 ..	Body Shape 3:30 PM Maria Risay FS1 ..	Legs, Bums & Tums 3:30 PM Adrienn FS1 ..	Body Shape 3:30 PM Estefania FS1 ..
	Pilates 3:30 PM Maria Gerda FS7 ..	Yoga 3:30 PM Nisha FS7 ..	Pilates 3:30 PM Estefania FS7 ..	Yoga 3:30 PM Nisha FS7 ..	Flex & Strength 3:30 PM Anasztazia FS7 .

Evening Session

Fitball Workout 8:00 PM Elma FS2 ..	Circuit Training 8:00 PM Melisa FS1 ..	Legs, Bums & Tums 8:00 PM Elma FS1 ..	Step 8:00 PM Olena FS2 ..	3 / 15 Workout 8:00 PM Elma / Julie FS1 ..	Legs, Bums & Tums 8:00 PM Daniela FS1 ..
Spinning 8:00 PM Daniela Spinning Studio ..	Bodyweight Workout 8:00 PM Jovana FS2 ..	Interval Workout 8:00 PM Inna FS2 ..	Legs, Bums & Tums 8:00 PM Anasztazia FS3 ..	Body Shape 8:00 PM Olena FS2 ..	Pilates 8:00 PM Elma FS7 ..
Fun Kick 9:00 PM Olena FS1 ...	TRX 8:00 PM Anasztazia FS5 ..	Pilates 8:00 PM Melisa FS7 ..	Boot Camp 8:00 PM Melisa Active Hall ..	Kettlebell 8:00 PM Monica FS6 ..	Spinning 8:00 PM Melisa Spinning Studio ..
Pilates 9:00 PM Anasztazia / Elma FS7 ..	RIPPED 9:00 PM Olena / Paula FS1 ..	Fun Kick 9:00 PM Olena FS1 ...	Tabata 9:00 PM Jovana FS1 ..	Step Advance 9:00 PM Estefania FS1 ..	2 x 20 workout 9:00 PM Olena FS1 ..
Legs, Bums & Tums 10:00 PM Anasztazia / Katerina FS1 ..	Legs, Bums & Tums 9:00 PM Katerina FS2 ..	Body Shape 9:00 PM Inna FS2 ..	Body Shape 9:00 PM Adrienn FS2 ..	Abdominal Workout 9:00 PM Jovana / Julie FS2 ..	Body Shape 9:00 PM Anasztazia / Katerina FS2 ..
Bodyweight Workout 10:00 PM Jovana FS2 ..	Spinning 9:00 PM Estefania Spinning Studio ..	TRX 9:00 PM Anasztazia FS5 ..	TRX 9:00 PM Maria Gerda FS5 ..	Pilates 9:00 PM Melisa FS7 ..	Tabata 9:00 PM Julie FS3 ..

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Abdominal Workout 11:00 PM Olena FS2 ..	Fartlek 9:00 PM Inna Active Hall ...	Spinning 9:00 PM Julie Spinning Studio ..	Abdominal Workout 9:00 PM Anasztazia FS7 ..	Fartlek 9:00 PM Monica Active Hall ...	Fun Kick 10:00 PM Adrienn FS1 ...
	Tabata 10:00 PM Daniela FS1 ...	3 / 15 Workout 10:00 PM Daniela / Elma FS1 ..	Strong by Zumba 10:00 PM Elma / Olena FS1 ...	Legs, Bums & Tums 10:00 PM Elma FS1 ..	Legs, Bums & Tums 10:00 PM Anasztazia / Elma FS2 ..
	Body Shape 10:00 PM Elma / Inna FS2 ..	Rip & Lift 10:00 PM Beata / Paula FS2 ...	Legs, Bums & Tums 10:00 PM Katerina FS2 ..	Rip & Lift 10:00 PM Olena / Paula FS2 ...	Yoga 10:00 PM Maria Gerda FS7 ..
	Aero Dance 10:00 PM Maria Risay FS3 ..	Legs, Bums & Tums 10:00 PM Anasztazia FS3 ..	Spinning 10:00 PM Julie Spinning Studio ..	Zumba 10:00 PM Daniela FS3 ..	Abdominal Workout 11:00 PM Jovana FS3 ..
	Pilates 11:00 PM Anasztazia / Elma FS7 ..	Abdominal Workout 11:00 PM Julie / Olena FS2 ..	Flex & Strength 11:00 PM Anasztazia FS7 .	Yoga 11:00 PM Maria Gerda / Maria FS7 ..	