

# WOMEN'S FITNESS PROGRAM

Morning Session

July 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Early Fit 7:15 AM Maria Rysai FS2 ..	Early Fit 7:15 AM Maria Gerda FS2 ..	Thirty 01 Early Spin 7:15 AM Julie Spinning Studio ..	Thirty 01 Early Fit 7:15 AM Adrienn/Jovana FS2 ..	Thirty 01 Early Spin 7:15 AM Daniela Spinning Studio ..	Ripped Express 7:15 AM Olena FS2 ..
Thirty 01 Tabata 8:00 AM Adrienn/Maria Rysai FS1 ...	Thirty 01 Tabata 8:00 AM Julie FS1 ...	Thirty 01 RIPPED 8:00 AM Beata / Paula FS1 ..	Thirty 01 Fun Kick 8:00 AM Adrienn/Olena FS1 ...	Thirty 01 Strong by 8:00 AM Beata / Paula FS1 ...	3 / 15 Workout 8:00 AM Olena FS1 ..
Body Shape 8:00 AM Elma/Katerina FS2 ..	Body Shape 8:00 AM Olena/Katerina FS2 ..	Legs, Bums & Tums 8:00 AM Maria Risay FS2 ..	Body Shape 8:00 AM Maria Rysai/Anasztazia FS2 ..	Legs, Bums & Tums 8:00 AM Estefania/Olena FS2 ..	Body Shape 8:00 AM Daniela/Katerina FS2 ..
Thirty 01 Legs, Bums & 9:00 AM Adrienn/Daniela FS2 ..	Spinning 8:00 AM Daniela Spinning Studio ..	Fartlek 8:00 AM Maria Gerda Active Hall ...	Spinning 8:00 AM Nisha Spinning Studio ..	3 / 15 Workout 8:00 AM Elma FS3 ..	Thirty 01 Spinning 8:00 AM Estefania Spinning Studio ..
Spinning 9:00 AM Estefania Spinning Studio ..	Rip & Lift 9:00 AM Beata / Paula FS2 ...	Zumba 9:00 AM Elma FS1 ..	Rip & Lift 9:00 AM Olena / Paula FS2 ...	Body Shape 9:00 AM Olena/Anasztazia FS2 ..	Thirty 01 Zumba 9:00 AM Elma/Paula FS1 ..
Abdominal Workout 10:00 AM Daniela/Elma FS1 ..	Thirty 01 Yoga 9:00 AM Estefania/Nisha FS7 ..	Body Shape 9:00 AM Julie FS2 ..	TRX 9:00 AM Anasztazia / Melisa FS5 ..	Pilates 9:00 AM Maria Gerda/Melisa FS7 ..	Rip & Lift 9:00 AM Adrienn/Olena FS2 ...
Pilates 11:00 AM Elma/Estefania FS7 ..	Abdominal Workout 10:00 AM Elma/Olena FS2 ..	Legs, Bums & Tums 10:00 AM Adrienn/Jovana FS2 ..	Legs, Bums & Tums 10:00 AM Elma/Katerina FS1 ..	Legs, Bums & Tums 10:00 AM Adrienn/Elma FS1 ..	Body Shape 10:00 AM Maria Gerda/Anasztazia FS1 ..
	Legs, Bums & Tums 11:00 AM Jovana FS2 ..	Body Shape 11:00 AM Elma FS2 ..	Boot Camp 11:00 AM Anasztazia FS1 ..	Circuit Training 11:00 AM Anasztazia/Melisa FS1 ..	Abdominal Workout 11:00 AM Jovana/Elma FS2 ..

Afternoon Session

Circuit Training 12:00 PM Elma/Melisa FS1 ..	Pilates 12:00 PM Elma FS7 ..	Pilates 12:00 PM Estefania FS7 ..	Body Shape 12:00 PM Daniela FS2 ..	Abdominal Workout 12:00 PM Jovana FS2 ..	Circuit Training 12:00 PM Anasztazia/Melisa FS1 ..
Interval Workout 1:00 PM Anasztazia FS2 ..	Body Shape 1:00 PM Maria Gerda FS2 ..	Legs, Bums & Tums 1:00 PM Anasztazia FS2 ..	Circuit Training 1:00 PM Julie FS1 ..	Fitball Workout 1:00 PM Elma FS2 ..	Boot Camp 1:00 PM Olena FS1 ..
Legs, Bums & Tums 2:00 PM Julie/Olena FS2 ..	Circuit Training 2:00 PM Anasztazia/Melisa FS1 ..	Abdominal Workout 2:00 PM Adrienn/Olena FS2 ..	Abdominal Workout 2:00 PM Anasztazia FS2 ..	Bodyweight Workout 2:00 PM Estefania FS2 ..	Legs, Bums & Tums 2:00 PM Anasztazia FS2 ..
Body Shape 3:00 PM Maria Gerda FS2 ..	Bodyweight Workout 3:00 PM Jovana/Anasztazia FS1 ..	Legs, Bums & Tums 3:00 PM Daniela/Anasztazia FS1 ..	Legs, Bums & Tums 3:00 PM Estefania/Elma FS1 ..	Thirty 01 Body Shape 3:00 PM Julie/Elma FS1 ..	3 / 15 Workout 3:00 PM Daniela/Estefania FS1 ..

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Evening Session					
Thirty 01 Tabata 4:00 PM Jovana/Olena FS1 ..	2 x 20 Workout 4:00 PM Olena FS1 ..	3 / 15 Workout 4:00 PM Estefania FS1 ..	Thirty 01 Tabata 4:00 PM Daniela/Olena FS1 ..	Thirty 01 Tabata 4:00 PM Adrienn/Olena FS1 ..	Body Shape 4:00 PM Elma FS1 ..
Abdominal Workout 4:00 PM Anasztazia FS2 ..	Body Shape 4:00 PM Estefania/Elma FS2 ..	Body Shape 4:00 PM Jovana/Elma FS2 ..	Fitball Workout 4:00 PM Maria Gerda FS2 ..	Abdominal Workout 4:00 PM Maria Rysai FS2 ..	Abdominal Workout 4:00 PM Anasztazia FS2 ..
Thirty 01 Legs, Bums & 5:00 PM Olena FS2 ..	Abdominal Workout 4:00 PM Maria Rysai FS7 ..	TRX 4:00 PM Anasztazia/Melisa FS5 ..	Spinning 4:00 PM Estefania Spinning Studio ..	TRX 4:00 PM Anasztazia/Katerina FS5 ..	TRX 4:00 PM Jovana/Melisa FS5 ..
Spinning 5:00 PM Julie Spinning Studio ..	Thirty 01 Fun Kick 5:00 PM Adrienn/Olena FS1 ..	Thirty 01 Strong by 5:00 PM Elma/Olena FS1 ..	RIPPED 5:00 PM Olena / Paula FS1 ..	Step Advance 5:00 PM Olena FS1 ..	Thirty 01 Tabata 5:00 PM Adrienn FS1 ..
Body Shape 6:00 PM Anasztazia/Jovana FS1 ..	Legs, Bums & Tums 5:00 PM Elma FS2 ..	Aero Dance 5:00 PM Maria Rysai FS2 ..	Body Shape 5:00 PM Jovana FS2 ..	Rip & Lift 5:00 PM Julie FS2 ..	Legs, Bums & Tums 5:00 PM Julie FS2 ..
Yoga 6:00 PM Maria Gerda FS7 ..	Spinning 5:00 PM Julie Spinning Studio ..	Body Shape 5:00 PM Maria Gerda/Katerina FS3 ..	Pilates 5:00 PM Elma/Melisa FS7 ..	Bodyweight Workout 5:00 PM Jovana FS3 ..	Yoga 5:00 PM Maria Gerda FS7 ..
Abdominal Workout 7:00 PM Olena FS2 ..	Thirty 01 Zumba 6:00 PM Maria Rysai FS1 ..	Rip & Lift 6:00 PM Daniela/Olena FS2 ..	Thirty 01 Legs, Bums & 6:00 PM Julie FS1 ..	Zumba 6:00 PM Daniela FS1 ..	Body Shape 6:00 PM Maria Rysai FS1 ..
	Fitball Workout 6:00 PM Daniela FS2 ..	Flex & Strength 6:00 PM Anasztazia FS7 .	Abdominal Workout 6:00 PM Maria Rysai FS2 ..	Legs, Bums & Tums 6:00 PM Maria Gerda FS2 ..	Thirty 01 Pilates 6:00 PM Elma FS7 ..
	TRX 6:00 PM Anasztazia FS5 ..	Spinning 6:00 PM Melisa Spinning Studio ..	Fartlek 6:00 PM Maria Gerda Active Hall ..	Abdominal Workout 6:00 PM Anasztazia FS3 ..	Abdominal Workout 7:00 PM Julie FS2 ..
	Abdominal Workout 7:00 PM Adrienn/Anasztazia FS1 ..	Thirty 01 Legs, Bums & 7:00 PM Olena FS1 ..	Body Shape 7:00 PM Elma FS2 ..	Body Shape 7:00 PM Maria Rysai FS2 ..	