

WOMEN'S FITNESS PROGRAM

Morning Session

August 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Early Fit 7:15 AM Elma FS2 ..	Early Fit 7:15 AM Maria Gerda FS2 ..	Early Spin 7:15 AM Daniela/Melisa Spinning Studio ..	Early Fit 7:15 AM Adrienn FS2 ..	Early Spin 7:15 AM Estefania Spinning Studio ..	Thirty 01 Ripped Express 7:15 AM Olena FS2 ..
Thirty 01 Tabata 8:00 AM Adrienn/Estefania FS1 ...	Tabata 8:00 AM Estefania FS1 ...	Thirty 01 RIPPED 8:00 AM Beata/Olena FS1 ..	Thirty 01 Body Shape 8:00 AM Maria Rysai/Elma FS1 ...	Thirty 01 Strong by Zumba 8:00 AM Beata / Olena FS1 ...	Thirty 01 Legs, Bums & Tums 8:00 AM Maria Gerda FS1 ..
Thirty 01 Legs, Bums & Tums 9:00 AM Daniela/Elma FS1 ..	Thirty 01 Spinning 8:00 AM Daniela/Nisha Spinning Studio ..	Legs, Bums & Tums 8:00 AM Maria Risay FS2 ..	Yoga (Sun Salutation) 8:00 AM Nisha FS7 ..	Legs, Bums & Tums 8:00 AM Maria Gerda FS2 ..	Spinning 8:00 AM Estefania Spinning Studio ..
Abdominal Workout 10:00 AM Adrienn /Daniela FS1 ..	Rip & Lift 9:00 AM Adrienn/Beata FS2 ...	Thirty 01 Abdominal Workout 9:00 AM Elma FS2 ..	Zumba 9:00 AM Daniela/Elma FS1 ..	Body Shape 9:00 AM Maria Gerda/Olena FS2 ..	2 x 20 Workout 9:00 AM Elma/Olena FS1 ..
Pilates 11:00 AM Elma/Estefania FS7 ..	Thirty 01 Yoga 9:00 AM Maria Gerda/Nisha FS7 ..	TRX 9:00 AM Jovana FS5 ..	Thirty 01 Rip & Lift 9:00 AM Olena FS2 ...	Thirty 01 Pilates 9:00 AM Melisa FS7 ..	Yoga 9:00 AM Nisha/Anasztazia FS7 ..
	Abdominal Workout 10:00 AM Elma FS2 ..	Legs, Bums & Tums 10:00 AM Maria Gerda/Elma FS1 ..	Body Shape 10:00 AM Adrienn/Maria Gerda FS1 ..	Legs, Bums & Tums 10:00 AM Adrienn FS1 ..	Body Shape 10:00 AM Adrienn/Maria Gerda FS1 ..
	Legs, Bums & Tums 11:00 AM Jovana FS2 ..	Body Shape 11:00 AM Anasztazia 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 Melisa/Elma FS1 ..	Circuit Training 12:00 PM Anasztazia/Maria Gerda FS1 ..	Pilates 12:00 PM Maria Gerda FS7 ..	Body Shape 12:00 PM Maria Gerda FS2 ..	Abdominal Workout 12:00 PM Jovana/Anasztazia FS2 ..	Circuit Training 12:00 PM Anasztazia/Melisa FS1 ..
Interval Workout 1:00 PM Anasztazia/Maria Gerda FS2 ..	Body Shape 1:00 PM Maria Gerda/Olena FS2 ..	Fitball Workout 1:00 PM Anasztazia FS2 ..	Circuit Training 1:00 PM Daniela/Melisa FS1 ..	Pilates 1:00 PM Elma FS7 ..	Boot Camp 1:00 PM Maria Rysai/Olena FS1 ..
Legs, Bums & Tums 2:00 PM Olena/Anasztazia FS2 ..	Pilates 2:00 PM Elma/Melisa FS7 ..	Abdominal Workout 2:00 PM Daniela/Olena FS2 ..	Abdominal Workout 2:00 PM Estefania FS2 ..	Bodyweight Workout 2:00 PM Estefania FS2 ..	Legs, Bums & Tums 2:00 PM Anasztazia/Daniela FS2 ..
Body Shape 3:00 PM Maria Gerda FS1 ..	Bodyweight Workout 3:00 PM Jovana/Anasztazia FS1 ..	Legs, Bums & Tums 3:00 PM Adrienn/Anasztazia FS1 ..	Legs, Bums & Tums 3:00 PM Elma/Anasztazia FS1 ..	Body Shape 3:00 PM Daniela/Elma FS1 ..	Thirty 01 3/15 Workout 3:00 PM Daniela 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 ..	Tabata 4:00 PM Jovana FS1 ..	Thirty 01 Tabata 4:00 PM Adrienn FS1 ..	Body Shape 4:00 PM Elma FS1 ..
Abdominal Workout 4:00 PM Anasztazia FS3 ..	Body Shape 4:00 PM Estefania/Elma FS2 ..	Body Shape 4:00 PM Jovana FS2 ..	Fitball Workout 4:00 PM Anasztazia/Maria Gerda FS2 ..	Abdominal Workout 4:00 PM Maria Rysai FS2 ..	Thirty 01 Abdominal Workout 4:00 PM Anasztazia FS2 ..
Thirty 01 2x20 Workout 5:00 PM Maria Rysai/Olena FS1 ..	Abdominal Workout 4:00 PM Maria Rysai FS7 ..	TRX 4:00 PM Melisa/Maria Gerda FS5 ..	Pilates 4:00 PM Elma/Melisa FS7 ..	TRX 4:00 PM Anasztazia/Katerina FS5 ..	TRX 4:00 PM Melisa/Maria Gerda FS5 ..
Legs, Bums & Tums 5:00 PM Maria Gerda FS3 ..	Thirty 01 Fun Kick 5:00 PM Adrienn FS1 ..	Thirty 01 Strong by Zumba 5:00 PM Elma/Olena FS1 ..	Thirty 01 RIPPED 5:00 PM Olena FS1 ..	Step Advance 5:00 PM Olena FS1 ..	Fun Kick 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 ..	Bodyweight Workout 5:00 PM Jovana/Elma FS3 ..	Legs, Bums & Tums 5:00 PM Jovana FS2 ..
Abdominal Workout 7:00 PM Maria Rysai FS2 ..	Spinning 5:00 PM Melisa Spinning Studio ..	Body Shape 5:00 PM Maria Gerda FS3 ..	Spinning 5:00 PM Estefania Spinning Studio ..	Thirty 01 Yoga 5:00 PM Nisha/Maria Gerda FS7 ..	Yoga 5:00 PM Maria Gerda FS7 ..
	Thirty 01 Zumba 6:00 PM Daniela/Maria Rysai FS1 ..	Rip & Lift 6:00 PM Adrienn FS2 ..	Legs, Bums & Tums 6:00 PM Anasztazia FS1 ..	Zumba 6:00 PM Daniela/Elma FS1 ..	Body Shape 6:00 PM Maria Rysai FS1 ..
	Fitball Workout 6:00 PM Olena FS2 ..	Thirty 01 Flex & Strength 6:00 PM Anasztazia FS7 .	Thirty 01 Abdominal Workout 6:00 PM Maria Rysai FS7 ..	Legs, Bums & Tums 6:00 PM Maria Gerda FS2 ..	Pilates 6:00 PM Elma FS7 ..
	TRX 6:00 PM Anasztazia FS5 ..	Spinning 6:00 PM Estefania Spinning Studio ..	Fartlek 6:00 PM Maria Gerda Active Hall ..	Abdominal Workout 6:00 PM Anasztazia FS3 ..	Abdominal Workout 7:00 PM Estefania FS1 ..
	Abdominal Workout 7:00 PM Anasztazia FS1 ..	Legs, Bums & Tums 7:00 PM Elma FS1 ..	Body Shape 7:00 PM Olena FS1 ..	Body Shape 7:00 PM Maria Rysai FS1 ..	