

WOMEN'S FITNESS PROGRAM

Morning Session

01 - 10 November 2018

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Early Fit 7:15 AM Jovana FS1 ..	Ripped Express 7:15 AM Olena FS1 ..	Early Spin 7:15 AM Daniela Spinning Studio ..	Early Fit 7:15 AM Adrienn FS1 ..	Early Fit 7:15 AM Maria Rysai FS1 ..	Early Fit 7:15 AM Monica FS1 ..
Tabata 8:00 AM Daniela FS1 ...	Tabata 8:00 AM Daniela FS1 ...	RIPPED 8:00 AM Olena / Paula FS1 ..	Les Mills Body Combat 8:00 AM Adrienn / Elma FS1 ...	Strong by Zumba 8:00 AM Olena / Paula FS1 ...	Les Mills Body Combat 8:00 AM Olena / Paula FS1 ...
Body Shape 8:00 AM Adrienn FS2 ..	Legs, Bums & Tums 8:00 AM Adrienn FS2 ..	Body Shape 8:00 AM Jovana FS2 ..	Body Shape 8:00 AM Jovana FS2 ..	Legs, Bums & Tums 8:00 AM Adrienn FS2 ..	Bodyweight Workout 8:00 AM Jovana FS2 ..
Abdominal Workout 9:00 AM Adrienn FS1 ..	TRX 8:00 AM Beata FS5 ..	Legs, Bums & Tums 8:00 AM Korina FS3 ..	Legs, Bums & Tums 8:00 AM Susanne FS3 ..	Pilates 8:00 AM Elma FS7 ..	Yoga - Sun Salutation 8:00 AM Nisha FS7 ..
Spinning 9:00 AM Daniela Spinning Studio ..	Spinning 8:00 AM Nisha Spinning Studio ..	TRX 8:00 AM Monica FS5 ..	Spinning 8:00 AM Nisha Spinning Studio ..	Spinning 8:00 AM Monica Spinning Studio ..	Spinning 8:00 AM Monica Spinning Studio ..
Bodyweight Workout 10:00 AM Jovana FS1 ..	Fartlek WF 8:00 AM Inna Active Hall ..	Fit Barre 8:00 AM Elma FS7 ..	Zumba 9:00 AM Daniela FS1 ..	Fartlek WF 8:00 AM Inna Active Hall ...	3 / 15 Workout 9:00 AM Maria Rysai FS1 ..
Body Shape 11:00 AM Inna FS1 ..	Body Shape 9:00 AM Inna FS1 ..	Abdominal Workout 9:00 AM Monica FS1 ..	Les Mills Body Pump 9:00 AM Olena / Elma FS2 ...	Body Shape 9:00 AM Monica / Elma FS1 ..	Les Mills Body Pump 9:00 AM Beata / Elma FS2 ...
	Les Mills Body Pump 9:00 AM Daniela / Paula FS2 ...	LesMills GRIT Strength 9:00 AM Adrienn / Olena FS2 ...	Body Shape 9:00 AM Inna FS3 ..	Les Mills Grit - Strength 9:00 AM Jovana / Olena FS2 ...	Yoga 9:00 AM Nisha FS7 ..
	Abdominal Workout 9:00 AM Olena FS3 ..	Body Shape 9:00 AM Susanne FS3 ..	Yoga 9:00 AM Nisha FS7 ..	Aero Dance 9:00 AM Maria Rysai FS3 ..	Body Shape 10:00 AM Olena FS1 ..
	Yoga 9:00 AM Nisha FS7 ..	Pilates 9:00 AM Paula FS7 ..	Body Shape 10:00 AM Beata FS1 ..	Abdominal Workout 10:00 AM Monica FS1 ..	Abdominal Workout 11:00 AM Adrienn FS1 ..
	Body Shape 10:00 AM Susanne FS1 ..	Legs, Bums & Tums 10:00 AM Anna FS1 ..	Abdominal Workout 10:00 AM Anna / Olena FS2 ..	Legs, Bums & Tums 10:00 AM Anna FS2 ..	
	Pilates 10:00 AM Paula FS7 ..	Bodyweight Workout 10:00 AM Jovana / Elma FS2 ..	Boot Camp 11:00 AM Anna FS1 ..	Fitball Workout 11:00 AM Susanne FS2 ..	
	Legs, Bums & Tums 11:00 AM Elma FS1 ..	Body Shape 11:00 AM Anna FS1 ..			

Afternoon Session

Abdominal Workout 12:00 PM Inna FS2 ..	Body Shape 12:00 PM Korina FS2 ..	Boot Camp 12:00 PM Naome FS1 ..	Open Class / 6 Nov Body Shape 12:00 PM Korina FS1 ..	Abdominal Workout 12:00 PM Naome FS2 ..	Circuit Training 12:00 PM Susanne FS1 ..
Boot Camp 1:00 PM Naome Active Hall ..	Circuit Training 1:00 PM Dora FS1 ..	Pilates 1:00 PM Dora FS7 ..	Circuit Training 1:00 PM Naome FS1 ..	Pilates 1:00 PM Dora FS7 ..	Boot Camp 1:00 PM Naome FS1 ..

• low intensity

•• medium intensity

••• high intensity

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Legs, Bums & Tums 2:00 PM Susanne FS1 ..	Pilates 2:00 PM Dora FS7 ..	Circuit Training 2:00 PM Dora FS1 ..	Abdominal Workout 2:00 PM Olena FS2 ..	Circuit Training 2:00 PM Dora FS1 ..	Legs, Bums & Tums 2:00 PM Daniela FS2 ..
Circuit Training 3:00 PM Olena FS1 ..	Bodyweight Workout 3:00 PM Jovana / Olena FS1 ..	Legs, Bums & Tums 3:00 PM Elma FS1 ..	Legs, Bums & Tums 3:00 PM Maria Rysai FS1 ..	Body Shape 3:00 PM Elma FS1 ..	3 / 15 Workout 3:00 PM Daniela FS1 ..

Evening Session

Tabata 4:00 PM Maria Rysai FS1 ...	2 x 20 Workout 4:00 PM Maria Rysai FS1 ..	Step Party 4:00 PM Olena FS1 ..	Tabata 4:00 PM Monica FS1 ...	Abdominal Workout 4:00 PM Adrienn FS1 ..	Body Shape 4:00 PM Adrienn / Olena FS1 ..
3 / 15 Workout 4:00 PM Elma FS2 ..	Body Shape 4:00 PM Olena FS2 ..	Body Shape 4:00 PM Inna FS2 ..	Body Shape 4:00 PM Jovana FS2 ..	Les Mills Body Pump <small>LES MILLS BODY PUMP</small> 4:00 PM Beata / Paula FS2 ...	Abdominal Workout 4:00 PM Elma FS2 ..
Legs, Bums & Tums 5:00 PM Maria Rysai FS1 ..	Abdominal Workout 4:00 PM Monica FS7 ..	Tabata 4:00 PM Daniela FS3 ...	Fit Barre 4:00 PM Maria Rysai FS7 ..	3 / 15 Workout 4:00 PM Daniela FS3 ..	TRX 4:00 PM Dora FS5 ..
Les Mills Body Pump <small>LES MILLS BODY PUMP</small> 5:00 PM Olena FS2 ...	Les Mills Body Combat <small>LES MILLS BODY COMBAT</small> 5:00 PM Adrienn / Elma FS1 ...	Strong by Zumba 5:00 PM Beata / Elma FS1 ...	Les Mills Body Combat <small>LES MILLS BODY COMBAT</small> 5:00 PM Olena / Paula FS1 ...	Tabata 5:00 PM Jovana FS1 ...	Legs, Bums & Tums 5:00 PM Inna FS1 ..
Body Shape 6:00 PM Elma FS1 ..	Legs, Bums & Tums 5:00 PM Maria Rysai FS2 ..	Legs, Bums & Tums 5:00 PM Inna FS2 ..	Legs, Bums & Tums 5:00 PM Inna FS2 ..	Step Advance 5:00 PM Olena FS2 ...	Les Mills Grit - Strength <small>LES MILLS GRIT STRENGTH</small> 5:00 PM Olena FS2 ...
Abdominal Workout 6:00 PM Olena FS2 ..	Body Shape 5:00 PM Inna FS3 ..	TRX 5:00 PM Maria Rysai FS5 ..	TRX 5:00 PM Monica FS5 ..	Body Shape 5:00 PM Inna FS3 ..	Aero Dance 5:00 PM Maria Rysai FS3 ..
Pilates 7:00 PM Elma FS7 ..	Spinning 5:00 PM Monica Spinning Studio ..	Yoga 5:00 PM Nisha FS7 ..	Pilates 5:00 PM Elma FS7 ..	TRX 5:00 PM Beata FS5 ..	Yoga 5:00 PM Dora FS7 ..
	Zumba 6:00 PM Beata FS1 ..	Body Shape 6:00 PM Inna FS1 ..	Body Shape 6:00 PM Elma FS1 ..	Zumba 6:00 PM Elma FS1 ..	Tabata 6:00 PM Jovana FS1 ...
	Body Shape 6:00 PM Monica FS2 ..	Les Mills Body Pump <small>LES MILLS BODY PUMP</small> 6:00 PM Adrienn FS2 ...	Abdominal Workout 6:00 PM Inna FS2 ..	Legs, Bums & Tums 6:00 PM Olena FS2 ..	Body Shape 6:00 PM Inna FS2 ..
	Pilates 6:00 PM Elma FS7 ..	Abdominal Workout 6:00 PM Olena FS7 ..	Spinning 6:00 PM Daniela Spinning Studio ..	Fartlek WF 6:00 PM Inna Active Hall ...	Roll & Stretch 6:00 PM Elma FS7 .
	Legs, Bums & Tums 7:00 PM Jovana FS1 ..	Legs, Bums & Tums 7:00 PM Maria Rysai FS1 ..	Fartlek WF 6:00 PM Monica Active Hall ...	Body Shape 7:00 PM Daniela FS1 ..	Abdominal Workout 7:00 PM Inna FS1 ..
	Abdominal Workout 7:00 PM Naome FS2 ..		Body Shape 7:00 PM Inna FS1 ..	Interval Workout 7:00 PM Inna FS2 ..	