









WOMEN'S FITNESS PROGRAM

Morning Session

01 - 18 December 2018

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



Afternoon Session

Pilates 12:00 PM Elma FS7 ..	Body Shape 12:00 PM Olena FS2 ..	Boot Camp 12:00 PM Naome FS1 ..	Body Shape 12:00 PM Korina FS1 ..	Abdominal Workout 12:00 PM Naome FS2 ..	Circuit Training 12:00 PM Naome FS1 ..
Circuit Training 1:00 PM Olena FS1 ..	Circuit Training 1:00 PM Elma FS1 ..	Pilates 1:00 PM Maria Rysai FS7 ..	Circuit Training 1:00 PM Estefania FS1 ..	Pilates 1:00 PM Maria Rysai FS7 ..	Boot Camp 1:00 PM Olena FS1 ..
Legs, Bums & Tums 2:00 PM Naome FS1 ..	Pilates 2:00 PM Estefania FS7 ..	Circuit Training 2:00 PM Elma FS1 ..	Abdominal Workout 2:00 PM Olena FS2 ..	Circuit Training 2:00 PM Olena FS1 ..	Legs, Bums & Tums 2:00 PM Maria Rysai FS2 ..

• low intensity

•• medium intensity

••• high intensity

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Body Shape 3:00 PM Susanne FS1 ..	Bodyweight Workout 3:00 PM Jovana FS1 ..	Legs, Bums & Tums 3:00 PM Susanne FS1 ..	Legs, Bums & Tums 3:00 PM Susanne FS1 ..	Body Shape 3:00 PM Susanne / Elma FS1 ..	3 / 15 Workout 3:00 PM Daniela / Olena FS1 ..
Evening Session					
Les Mills Body Combat  4:00 PM Julie FS1 ...	2 x 20 Workout 4:00 PM Olena FS1 ..	Step Party 4:00 PM Estefania FS1 ..	Tabata 4:00 PM Monica FS1 ...	Tabata 4:00 PM Jovana FS1 ...	Body Shape 4:00 PM Adrienn FS1 ..
Bodyweight Workout 4:00 PM Jovana FS2 ..	Body Shape 4:00 PM Inna FS2 ..	Body Shape 4:00 PM Beata FS2 ..	Body Shape 4:00 PM Jovana FS2 ..	Abdominal Workout 4:00 PM Adrienn FS2 ..	Les Mills Grit - Strength  4:00 PM Olena FS2 ...
Legs, Bums & Tums 5:00 PM Jovana FS1 ..	Abdominal Workout 4:00 PM Monica FS7 ..	Tabata 4:00 PM Daniela FS3 ...	Interval Workout 4:00 PM Maria Rysai FS3 ..	3 / 15 Workout 4:00 PM Daniela FS3 ..	Abdominal Workout 4:00 PM Elma FS3 ..
Les Mills Grit - Strength  5:00 PM Adrienn FS2 ...	Les Mills Body Combat  5:00 PM Adrienn / Elma FS1 ...	Strong by Zumba 5:00 PM Elma / Olena FS1 ...	Les Mills Body Combat  5:00 PM Olena / Paula FS1 ...	Step Advance 5:00 PM Olena FS1 ...	Legs, Bums & Tums 5:00 PM Inna FS1 ..
Abdominal Workout 6:00 PM Adrienn FS1 ..	Legs, Bums & Tums 5:00 PM Inna FS2 ..	Legs, Bums & Tums 5:00 PM Inna FS2 ..	Legs, Bums & Tums 5:00 PM Inna FS2 ..	Les Mills Body Pump  5:00 PM Beata / Paula FS2 ...	Les Mills Body Pump  5:00 PM Adrienn / Daniela FS2 ...
Body Shape 6:00 PM Daniela FS2 ..	Body Shape 5:00 PM Estefania FS3 ..	Yoga 5:00 PM Nisha FS7 ..	TRX 5:00 PM Monica FS5 ..	Body Shape 5:00 PM Inna FS3 ..	Tabata 5:00 PM Maria Rysai FS3 ...
Pilates 7:00 PM Daniela FS7 ..	Spinning 5:00 PM Monica Spinning Studio ..	Body Shape 6:00 PM Estefania FS1 ..	Pilates 5:00 PM Elma FS7 ..	Pilates 5:00 PM Elma FS7 ..	Body Shape 6:00 PM Jovana FS1 ..
	Zumba 6:00 PM Maria Rysai FS1 ..	Les Mills Body Pump  6:00 PM Adrienn / Olena FS2 ...	Body Shape 6:00 PM Elma FS1 ..	Zumba 6:00 PM Elma FS1 ..	Roll & Stretch 6:00 PM Elma FS7 ..
	Body Shape 6:00 PM Monica FS2 ..	Fartlek WF 6:00 PM Inna Active Hall ...	Abdominal Workout 6:00 PM Inna FS3 ..	Legs, Bums & Tums 6:00 PM Estefania FS2 ..	Fartlek WF 6:00 PM Inna Active Hall ...
	Pilates 6:00 PM Elma FS7 ..	Abdominal Workout 7:00 PM Inna FS1 ..	Spinning 6:00 PM Daniela Spinning Studio ..	Fartlek WF 6:00 PM Inna Active Hall ...	Abdominal Workout 7:00 PM Inna FS1 ..
	Legs, Bums & Tums 7:00 PM Jovana FS1 ..		Legs, Bums & Tums 7:00 PM Inna FS1 ..	Body Shape 7:00 PM Daniela FS1 ..	