

WOMEN'S FITNESS PROGRAM

Morning Session

06 - 12 January 2019

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

Afternoon Session

Pilates 12:00 PM Estefania 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 Anna FS2 ..	Circuit Training 12:00 PM Naome FS1 ..
Circuit Training 1:00 PM Olena / Anna FS1 ..	Circuit Training 1:00 PM Dora FS1 ..	Pilates 1:00 PM Dora FS7 ..	Circuit Training 1:00 PM Adrienn FS1 ..	Pilates 1:00 PM Dora FS7 ..	Boot Camp 1:00 PM Olena FS1 ..

• low intensity

•• medium intensity

••• high intensity

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

Evening Session

Bodyweight Workout 4:00 PM Jovana FS1 ..	2 x 20 Workout 4:00 PM Olena FS1 ..	Tabata 4:00 PM Daniela / Olena FS1 ...	Tabata 4:00 PM Monica / Olena FS1 ...	Interval Workout 4:00 PM Inna FS1 ..	Body Shape 4:00 PM Adrienn FS1 ..
Legs, Bums & Tums 5:00 PM Jovana FS1 ..	Body Shape 4:00 PM Inna FS2 ..	Body Shape 4:00 PM Anna FS2 ..	Body Shape 4:00 PM Jovana FS2 ..	LesMills Body Pump <small>LES MILLS BODY PUMP</small> 4:00 PM Beata / Paula FS2 ...	LesMills Grit - Strength <small>LES MILLS GRIT STRENGTH</small> 4:00 PM Olena FS2 ...
LesMills Grit - Strength <small>LES MILLS GRIT STRENGTH</small> 5:00 PM Adrienn FS2 ...	Abdominal Workout 4:00 PM Monica FS7 ..	Step Party 4:00 PM Estefania FS3 ..	Interval Workout 4:00 PM Anna / Maria Rysai FS3 ..	Abdominal Workout 4:00 PM Jovana FS3 ..	Abdominal Workout 4:00 PM Elma FS3 ..
Abdominal Workout 6:00 PM Adrienn FS1 ..	Pilates 4:00 PM Estefania FS6 ..	Strong by Zumba 5:00 PM Elma / Olena FS1 ...	LesMills Body Combat <small>LES MILLS BODYCOMBAT</small> 5:00 PM Olena / Paula FS1 ...	Tabata 5:00 PM Adrienn FS1 ...	Legs, Bums & Tums 5:00 PM Inna FS1 ..
Body Shape 6:00 PM Daniela FS2 ..	LesMills Body Combat <small>LES MILLS BODYCOMBAT</small> 5:00 PM Adrienn / Elma FS1 ...	Legs, Bums & Tums 5:00 PM Inna FS2 ..	Legs, Bums & Tums 5:00 PM Inna FS2 ..	Step Advance 5:00 PM Olena FS2 ...	LesMills Body Pump <small>LES MILLS BODY PUMP</small> 5:00 PM Adrienn / Daniela FS2 ...
Legs, Bums & Tums 7:00 PM Daniela FS1 ..	Legs, Bums & Tums 5:00 PM Inna FS2 ..	Interval Workout 5:00 PM Anna FS3 ..	Kettlebell Workout 5:00 PM Monica FS3 ...	Pilates 5:00 PM Elma FS7 ..	Tabata 5:00 PM Anna / Maria Rysai FS3 ...
	Body Shape 5:00 PM Estefania FS3 ..	Spinning 5:00 PM Nisha Spinning Studio ..	Pilates 5:00 PM Elma FS7 ..	Fartlek WF 5:00 PM Inna Active Hall ...	Body Shape 6:00 PM Anna FS1 ..
	Spinning 5:00 PM Monica Spinning Studio ..	Body Shape 6:00 PM Estefania FS1 ..	Body Shape 6:00 PM Anna FS1 ..	Zumba 6:00 PM Elma FS1 ..	Roll & Stretch 6:00 PM Elma FS7 .
	Zumba 6:00 PM Beata / Maria Rysai FS1 ..	LesMills 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 Estefania / Anna FS2 ..	Fartlek WF 6:00 PM Inna Active Hall ...
	Body Shape 6:00 PM Monica / Anna FS2 ..	Yoga 6:00 PM Nisha FS7 ..	Spinning 6:00 PM Daniela Spinning Studio ..	Spinning 6:00 PM Daniela Spinning Studio ..	Abdominal Workout 7:00 PM Inna FS1 ..
	Pilates 6:00 PM Elma FS7 ..	Fartlek WF 6:00 PM Inna Active Hall ...	Legs, Bums & Tums 7:00 PM Inna FS1 ..	Body Shape 7:00 PM Daniela FS1 ..	
	Legs, Bums & Tums 7:00 PM Jovana FS1 ..	Circuit Training 7:00 PM Olena FS1 ..	Roll & Stretch 7:00 PM Elma FS7 .	3 / 15 Workout 7:00 PM Anna FS2 ..	
	Abdominal Workout 7:00 PM Anna FS2 ..	Abdominal Workout 7:00 PM Inna FS2 ..			