

WOMEN'S FITNESS PROGRAM

Morning Session

February 2019

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

Afternoon Session

Pilates 12:00 PM Maria Rysai FS7 ..	Body Shape 12:00 PM Olena FS2 ..	Boot Camp 12:00 PM Estefania FS1 ..	Pilates 12:00 PM Maria Rysai FS7 ..	Abdominal Workout 12:00 PM Anna FS2 ..	Circuit Training 12:00 PM Estefania FS1 ..
Circuit Training 1:00 PM Adrienn / Olena FS1 ..	Circuit Training 1:00 PM Estefania FS1 ..	Pilates 1:00 PM Dora FS7 ..	Circuit Training 1:00 PM Estefania FS1 ..	Pilates 1:00 PM Estefania FS7 ..	Boot Camp 1:00 PM Olena FS1 ..
Legs, Bums & Tums 2:00 PM Estefania FS1 ..	Pilates 2:00 PM Estefania FS7 ..	Circuit Training 2:00 PM Dora FS1 ..	Abdominal Workout 2:00 PM Elma FS2 ..	Circuit Training 2:00 PM Melisa FS1 ..	Legs, Bums & Tums 2:00 PM Jovana FS2 ..

• low intensity

•• medium intensity

••• high intensity

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Body Shape 3:00 PM Elma / Estefania FS1 ••	Bodyweight Workout 3:00 PM Jovana / Olena FS1 ••	Legs, Bums & Tums 3:00 PM Elma FS1 ••	Legs, Bums & Tums 3:00 PM Susanne / Anna FS1 ••	Body Shape 3:00 PM Estefania / Elma FS1 ••	Open Class / 28 Feb 3 / 15 Workout 3:00 PM Daniela / Olena FS1 ••
Evening Session					
Legs, Bums & Tums 4:00 PM Anna FS1 ••	2 x 20 Workout 4:00 PM Olena FS1 ••	Tabata 4:00 PM Daniela FS1 •••	Tabata 4:00 PM Monica / Olena FS1 •••	Interval Workout 4:00 PM Inna FS1 ••	Body Shape 4:00 PM Melisa FS1 ••
Les Mills Body Pump <small>LES MILLS BODYPUMP™</small> 5:00 PM Elma / Olena FS2 •••	Body Shape 4:00 PM Inna FS2 ••	Body Shape 4:00 PM Anna FS2 ••	Body Shape 4:00 PM Maria Rysai FS2 ••	Les Mills Body Pump <small>LES MILLS BODYPUMP™</small> 4:00 PM Beata / Paula FS2 •••	Les Mills Grit - Strength <small>LES MILLS GRIT STRENGTH</small> 4:00 PM Adrienn / Olena FS2 •••
Abdominal Workout 5:00 PM Anna FS3 ••	Abdominal Workout 4:00 PM Monica FS7 ••	Step Party 4:00 PM Olena FS3 ••	TRX 4:00 PM Jovana / Elma FS5 ••	Abdominal Workout 4:00 PM Jovana FS3 ••	Abdominal Workout 4:00 PM Elma FS3 ••
Body Shape 6:00 PM Olena FS2 ••	Les Mills Body Combat <small>LES MILLS BODYCOMBAT</small> 5:00 PM Adrienn / Elma FS1 •••	Strong by Zumba 5:00 PM Elma / Olena FS1 •••	Stretching & Flexibility 4:00 PM Anna FS7 •	Tabata 5:00 PM Adrienn FS1 •••	Legs, Bums & Tums 5:00 PM Inna FS1 ••
Pilates 6:00 PM Elma FS7 ••	Legs, Bums & Tums 5:00 PM Inna FS2 ••	Legs, Bums & Tums 5:00 PM Inna FS2 ••	Les Mills Body Combat <small>LES MILLS BODYCOMBAT</small> 5:00 PM Olena / Paula FS1 •••	Step Advance 5:00 PM Olena FS2 •••	Les Mills Body Pump <small>LES MILLS BODYPUMP™</small> 5:00 PM Adrienn / Daniela FS2 •••
Stretching & Flexibility 7:00 PM Anna FS7 •	Body Shape 5:00 PM Anna FS3 ••	Interval Workout 5:00 PM Maria Rysai FS3 ••	Legs, Bums & Tums 5:00 PM Inna FS2 ••	Pilates 5:00 PM Elma FS7 ••	Tabata 5:00 PM Anna FS3 •••
	Spinning 5:00 PM Monica Spinning Studio ••	Spinning 5:00 PM Nisha Spinning Studio ••	Pilates 5:00 PM Elma FS7 ••	Fartlek WF 5:00 PM Inna Active Hall •••	TRX 5:00 PM Maria Rysai FS5 ••
	Zumba 6:00 PM Maria Rysai FS1 ••	Body Shape 6:00 PM Jovana FS1 ••	Kettlebell Workout 5:00 PM Monica Lobby •••	Zumba 6:00 PM Elma FS1 ••	Body Shape 6:00 PM Anna FS1 ••
	Body Shape 6:00 PM Melisa FS2 ••	Les Mills Body Pump <small>LES MILLS BODYPUMP™</small> 6:00 PM Adrienn FS2 •••	Body Shape 6:00 PM Anna FS1 ••	Legs, Bums & Tums 6:00 PM Inna / Anna FS2 ••	Pilates 6:00 PM Melisa FS7 ••
	TRX 6:00 PM Monica FS5 ••	Yoga 6:00 PM Nisha FS7 ••	Abdominal Workout 6:00 PM Inna FS2 ••	Spinning 6:00 PM Daniela Spinning Studio ••	Fartlek WF 6:00 PM Inna Active Hall •••
	Pilates 6:00 PM Elma FS7 ••	Fartlek WF 6:00 PM Inna Active Hall •••	Spinning 6:00 PM Daniela Spinning Studio ••	Body Shape 7:00 PM Daniela FS1 ••	Abdominal Workout 7:00 PM Inna FS1 ••
	Legs, Bums & Tums 7:00 PM Jovana FS1 ••	Body Shape 7:00 PM Maria Rysai FS1 ••	Legs, Bums & Tums 7:00 PM Melisa FS1 ••	3 / 15 Workout 7:00 PM Anna FS2 ••	
	Abdominal Workout 7:00 PM Anna FS2 ••	Abdominal Workout 7:00 PM Inna FS2 ••			