

WOMEN'S FITNESS PROGRAM

Morning Session

11 - 31 March 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 Melisa Spinning Studio ..	Early Fit 7:15 AM Jovana FS1 ..	Early Fit 7:15 AM Adrienn FS1 ..	Early Fit 7:15 AM Maria Rysai FS1 ..
Tabata 8:00 AM Jovana FS1 ..	Tabata 8:00 AM Adrienn FS1 ..	RIPPED 8:00 AM Beata / Paula FS1 ..	Les Mills Body Combat 8:00 AM Adrienn FS1 ..	Strong by Zumba 8:00 AM Beata / Paula FS1 ..	Les Mills Body Combat 8:00 AM Adrienn / Paula FS1 ..
Body Shape 9:00 AM Olena FS1 ..	Legs, Bums & Tums 8:00 AM Sabeha FS2 ..	Body Shape 8:00 AM Jovana FS2 ..	Legs, Bums & Tums 8:00 AM Sabeha FS2 ..	Legs, Bums & Tums 8:00 AM Anna FS2 ..	Bodyweight Workout 8:00 AM Jovana FS2 ..
Les Mills Body Pump 9:00 AM Elma FS2 ..	Body Shape 8:00 AM Olena FS3 ..	Legs, Bums & Tums 8:00 AM Anna FS3 ..	Aero Dance 8:00 AM Maria Rysai FS3 ..	Circuit Training 8:00 AM Olena FS3 ..	Body Shape 8:00 AM Anna FS3 ..
Bodyweight Workout 10:00 AM Jovana / Olena FS1 ..	Pilates 8:00 AM Elma FS7 ..	Fit Barre 8:00 AM Elma FS7 ..	Spinning 8:00 AM Nisha Spinning Studio ..	Pilates 8:00 AM Maria Rysai FS7 ..	Yoga - Sun Salutation 8:00 AM Nisha FS7 ..
Body Shape 11:00 AM Elma / Melisa FS1 ..	Spinning 8:00 AM Nisha Spinning Studio ..	Spinning 8:00 AM Korina Spinning Studio ..	Fartlek WF 8:00 AM Inna Active Hall ..	Fartlek WF 8:00 AM Inna Active Hall ..	Spinning 8:00 AM Melisa Spinning Studio ..
	Fartlek WF 8:00 AM Inna Active Hall ..	Abdominal Workout 9:00 AM Korina / Anna FS1 ..	Zumba 9:00 AM Daniela FS1 ..	Tabata 9:00 AM Adrienn / Anna FS1 ..	Zumba 9:00 AM Beata / Elma FS1 ..
	Body Shape 9:00 AM Inna / Anna FS1 ..	Les Mills Grit - Strength 9:00 AM Adrienn / Olena FS2 ..	Les Mills Body Pump 9:00 AM Elma / Olena FS2 ..	Abdominal Workout 9:00 AM Olena FS3 ..	Les Mills Body Pump 9:00 AM Olena FS2 ..
	Les Mills Body Pump 9:00 AM Beata / Paula FS2 ..	Legs, Bums & Tums 9:00 AM Daniela / Estefania FS3 ..	3 / 15 Workout 9:00 AM Sabeha FS3 ..	Spinning 9:00 AM Daniela / Estefania Spinning Studio ..	Abdominal Workout 9:00 AM Anna FS3 ..
	Abdominal Workout 9:00 AM Sabeha / Elma FS3 ..	Pilates 9:00 AM Paula FS7 ..	Yoga 9:00 AM Nisha FS7 ..	Abdominal Workout 10:00 AM Maria Rysai FS1 ..	Yoga 9:00 AM Nisha FS7 ..
	Yoga 9:00 AM Nisha FS7 ..	Bodyweight Workout 10:00 AM Daniela / Estefania FS1 ..	Body Shape 10:00 AM Daniela / Estefania FS1 ..	Legs, Bums & Tums 11:00 AM Daniela / Estefania FS1 ..	Body Shape 10:00 AM Susanne / Olena FS1 ..
	Body Shape 10:00 AM Susanne / Olena FS1 ..	Body Shape 11:00 AM Anna FS1 ..	Pilates 11:00 AM Elma / Estefania FS7 ..		Abdominal Workout 11:00 AM Naome FS1 ..
	Legs, Bums & Tums 11:00 AM Korina FS1 ..				

Afternoon Session

Abdominal Workout 12:00 PM Melisa FS1 ..	Body Shape 12:00 PM Naome FS2 ..	Boot Camp 12:00 PM Melisa FS1 ..	Boot Camp 12:00 PM Anna FS1 ..	Fitball Workout 12:00 PM Elma FS2 ..	Circuit Training 12:00 PM Elma FS1 ..
Circuit Training 1:00 PM Olena FS1 ..	Circuit Training 1:00 PM Daniela / Estefania FS1 ..	Yoga 1:00 PM Dora FS7 ..	Circuit Training 1:00 PM Olena FS1 ..	Pilates 1:00 PM Dora FS7 ..	Boot Camp 1:00 PM Daniela / Estefania FS1 ..

• low intensity

•• medium intensity

••• high intensity

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Legs, Bums & Tums 2:00 PM Daniela / Estefania FS1 ..	Pilates 2:00 PM Daniela / Estefania FS7 ..	Circuit Training 2:00 PM Dora FS1 ..	Open class / 19 Mar Abdominal Workout 2:00 PM Melisa FS2 ..	Circuit Training 2:00 PM Dora FS1 ..	Legs, Bums & Tums 2:00 PM Daniela / Estefania FS2 ..
3 / 15 Workout 3:00 PM Daniela / Estefania FS1 ..	Bodyweight Workout 3:00 PM Jovana FS1 ..	Legs, Bums & Tums 3:00 PM Elma FS1 ..	Legs, Bums & Tums 3:00 PM Susanne / Anna FS1 ..	Body Shape 3:00 PM Susanne / Elma FS1 ..	3 / 15 Workout 3:00 PM Elma FS1 ..
Body Shape 4:00 PM Anna / Maria Rysai FS1 ..	Body Shape 4:00 PM Maria Rysai FS1 ..	Tabata 4:00 PM Anna FS1 ...	Body Shape 4:00 PM Adrienn / Elma FS1 ..	Interval Workout 4:00 PM Inna FS1 ..	Body Shape 4:00 PM Jovana / Anna FS1 ..
Legs, Bums & Tums 5:00 PM Adrienn FS1 ..	TRX 4:00 PM Melisa TRX Studio ..	Step Party 4:00 PM Maria Rysai FS2 ..	Les Mills Grit - Strength 4:00 AM Jovana FS2 ...	Les Mills Body Pump 4:00 PM Beata / Paula FS2 ...	Les Mills Grit - Strength 4:00 AM Adrienn FS2 ...
Pilates 5:00 PM Maria Rysai FS7 ..	Abdominal Workout 4:00 PM Anna FS7 ..	Body Shape 4:00 PM Inna FS3 ..	Pilates 4:00 PM Maria Rysai / Olena FS7 ..	Abdominal Workout 4:00 PM Jovana / Olena FS3 ..	Abdominal Workout 4:00 PM Olena FS3 ..
Abdominal Workout 6:00 PM Adrienn FS1 ..	Les Mills Body Combat 5:00 PM Adrienn / Elma FS1 ...	Strong by Zumba 5:00 PM Beata / Elma FS1 ...	Les Mills Body Combat 5:00 PM Elma / Paula FS1 ...	Tabata 5:00 PM Jovana FS1 ...	Legs, Bums & Tums 5:00 PM Inna FS1 ..
Body Shape 6:00 PM Anna FS2 ..	Legs, Bums & Tums 5:00 PM Inna / Olena FS2 ..	Legs, Bums & Tums 5:00 PM Inna FS2 ..	Legs, Bums & Tums 5:00 PM Inna FS2 ..	Body Shape 5:00 PM Olena FS2 ..	Les Mills Body Pump 5:00 PM Olena FS2 ...
Stretching & Flexibility 7:00 PM Anna FS7 .	Body Shape 5:00 PM Anna FS3 ..	Abdominal Workout 5:00 PM Olena FS3 ..	Abdominal Workout 5:00 PM Anna / Olena FS7 ..	Pilates 5:00 PM Elma FS7 ..	Tabata 5:00 PM Anna FS3 ...
	Spinning 5:00 PM Melisa Spinning Studio ..	Spinning 5:00 PM Nisha Spinning Studio ..	Body Shape 6:00 PM Anna FS1 ..	Fartlek WF 5:00 PM Inna Active Hall ...	Body Shape 6:00 PM Inna FS1 ..
	Zumba 6:00 PM Maria Rysai FS1 ..	Body Shape 6:00 PM Jovana FS1 ..	Abdominal Workout 6:00 PM Inna FS3 ..	Zumba 6:00 PM Elma FS1 ..	Pilates 6:00 PM Maria Rysai FS7 ..
	Body Shape 6:00 PM Inna FS2 ..	Les Mills Body Pump 6:00 PM Adrienn / Olena FS2 ...	Pilates 6:00 PM Melisa FS7 ..	Legs, Bums & Tums 6:00 PM Inna FS2 ..	Abdominal Workout 7:00 PM Inna FS1 ..
	Circuit Training 6:00 PM Olena FS3 ..	Yoga 6:00 PM Nisha FS7 ..	Legs, Bums & Tums 7:00 PM Inna FS1 ..	Boot Camp 6:00 PM Anna Active Hall ..	
	Pilates 6:00 PM Elma FS7 ..	Fartlek WF 6:00 PM Inna Active Hall ...		Body Shape 7:00 PM Anna FS1 ..	
	Legs, Bums & Tums 7:00 PM Jovana FS1 ..	Body Shape 7:00 PM Maria Rysai FS1 ..			