

RASPORED GRUPNIH TRENINGA

1

MALA DVORANA

	Ponedjeljak	Utorak	Srijeda	Četvrtak	Petak	Subota
09 - 10						
10 - 11						YOGA 75' (Marko)
17 - 18		PILATES (Michelle)		PILATES (Michelle)		
18 - 19	FAT BURNING (Ana)	STEP AEROBIC (Tanja)	FAT BURNING (Ana)	STEP AEROBIC (Tanja)	FAT BURNING (Ana)	
19 - 20	PILATES (Mirka)	YOGA 75' (Marko)	PILATES (Mirka)	YOGA 75' (Marko)	PILATES (Mirka)	
20 - 21	GET FUNCTIONAL (Maja)		GET FUNCTIONAL (Maja)		GET FUNCTIONAL (Maja)	

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VELIKA DVORANA

	Ponedjeljak	Utorak	Srijeda	Četvrtak	Petak	Subota
09 - 10	MORNING WORKOUT (Ana)		MORNING WORKOUT (Ana)		MORNING WORKOUT (Ana)	
11 - 12						TOTAL BODY DRILL (Maja)
17 - 18	INTERVAL TRAINING (Michelle)		INTERVAL TRAINING (Michelle)		INTERVAL TRAINING (Michelle)	
18 - 19	BOOTY CORE (Michelle)	BODY STYLING (Michelle)	BOOTY CORE (Michelle)	BODY STYLING (Michelle)	BOOTY CORE (Michelle)	BODY STYLING (Mirka)
19 - 20	PUMP & TONE (Ana)	TOTAL BODY DRILL (Maja)	PUMP & TONE (Ana)	TOTAL BODY DRILL (Maja)	PUMP & TONE (Ana)	
20 - 21	TRX KETTLEBELL (Davor)	BOXING (Saša)	TRX KETTLEBELL (Davor)	BOXING (Saša)	TRX KETTLEBELL (Davor)	