

RASPORED GRUPNIH TRENINGA

1

MALA DVORANA

	Ponedjeljak	Utorak	Srijeda	Četvrtak	Petak	Subota
09 - 10						YOGA 75' (Marko)
10 - 11						
17 - 18		CORE PILATES (Michelle)		CORE PILATES (Michelle)		
18 - 19	STEP CHALLENGE (Tanja)	PUMP IT UP (Ana)	STEP CHALLENGE (Tanja)	PUMP IT UP (Ana)		
19 - 20	PILATES PLUS (Mirka)	YOGA 75' (Marko)	PILATES PLUS (Mirka)	YOGA 75' (Marko)	PILATES PLUS (Mirka)	
20 - 21	FUNCTIONAL TRAINING (Ana)		FUNCTIONAL TRAINING (Ana)		FUNCTIONAL TRAINING (Ana)	

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VELIKA DVORANA

	Ponedjeljak	Utorak	Srijeda	Četvrtak	Petak	Subota
09 - 10	WAKE UP WORKOUT (Maja)		WAKE UP WORKOUT (Maja)		WAKE UP WORKOUT (Maja)	
11 - 12						
17 - 18	INTERVAL TRAINING (Michelle)		INTERVAL TRAINING (Michelle)		INTERVAL TRAINING (Michelle)	
18 - 19	ABS & BOOTY TONING (Michelle)	TOTAL BODY TONING (Michelle)	ABS & BOOTY TONING (Michelle)	TOTAL BODY TONING (Michelle)	ABS & BOOTY TONING (Michelle)	TOTAL BODY TONING (Mirka)
19 - 20	CARDIO POWER (Ana)	FAT BURNING DRILL (Ana)	CARDIO POWER (Ana)	FAT BURNING DRILL (Ana)	CARDIO POWER (Ana)	
20 - 21	TRX (Davor)	BOXING (Saša)	TRX (Davor)	BOXING (Saša)	TRX (Davor)	



Pon - Pet 06:00 - 23:00 | Sub 08:00-22:00 | Ned 14:00-22:00



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