



## AEROBICS SCHEDULE 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30	Total body condition <b>LIDIA</b>		Total body condition <b>LIDIA</b>		Total body condition <b>LIDIA</b>		
8:30-9:30		Tai chi 8:00-9:00 <b>MIHAI</b>	Aquaerobics <b>LIDIA</b>	Tai chi 8:00-9:00 <b>MIHAI</b>			
9:00-10:00	Toning from a-z <b>LIORA</b>	Step it <b>ALEXANDRA</b>	Tae bo & tone <b>RAZVAN</b>	Bosu <b>ALEXANDRA</b>	Easyline Shape <b>PAUL</b>	Total body condition <b>LIDIA</b>	
10:00-10:30	ABT <b>LIORA</b>	Body toning <b>ALEXANDRA</b>	Six pack attack <b>RAZVAN</b>	Toning from a-z <b>ALEXANDRA</b> 60min		Aquaerobics <b>LIDIA</b> 10:00-11:00	
11:00-12:00		Easyline Shape <b>PAUL</b> 12:00				Tai chi 11:00-12:00 <b>MIHAI</b>	Body toning <b>STEFAN/ALEXANDRA</b>
16:00-17:00		Karate <b>NUKINA</b>		Karate <b>NUKINA</b>			
17:00-18:00	Dans copii <b>MIREL</b>	Fit Kids - Easyline <b>DARIUS</b>	Dans copii <b>MIREL</b>	Fit Kids - Easyline <b>DARIUS</b>			
18:00-19:00	Power yoga <b>MONICA</b>	Just Butt <b>ANA MARIA</b>	Pilates <b>LIORA</b>	Aerobic groove <b>ALEXANDRA</b>	Tae bo <b>RAZVAN</b> 18:30 -19:30		
19:00-20:00	Toning dinamic + ? <b>LIORA</b>	Step my way <b>ANA MARIA</b>		Step my way <b>ANA MARIA</b>	Six pack attack <b>RAZVAN</b> 19:30		
20:00-21:00	Dans adulti <b>MIREL</b>	Easyline Toning <b>LUCIAN</b>	Dans adulti <b>MIREL</b>	Just Butt <b>ANA MARIA</b>			

## SPINNING SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00-13:00	<b>PAUL</b> 11:00			<b>LUCIAN</b> 9:00			<b>STEFAN/ALEXANDRA</b>
19:30-20:30	<b>LUCIAN</b>	<b>PAUL</b>	<b>LUCIAN</b>	<b>STEFAN</b>	<b>PAUL</b>		

## KINESIS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19:00-20:00	Move <b>MONICA</b>			Power 18:00 <b>STEFAN</b>			
20:00-21:00	Abs <b>DORU</b> 30min		Shape <b>DARIUS</b>				



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7:30-8:30	Total body condition LIDIA		Total body condition LIDIA		Total body condition LIDIA		
8:30-9:30		Tai chi 8:00-9:00 MIHAI	Aquaerobics LIDIA	Tai chi 8:00-9:00 MIHAI			
9:00-10:00	Toning from a-z LIORA	Step it ALEXANDRA	Tae bo & tone RAZVAN	Bosu ALEXANDRA	Easyline Shape PAUL	Total body condition LIDIA	
10:00-10:30	ABT LIORA	Body toning ALEXANDRA	Six pack attack RAZVAN	Toning from a-z ALEXANDRA 60min		Aquaerobics LIDIA 10:00-11:00	
11:00-12:00		Easyline Shape PAUL 12:00				Tai chi 11:00-12:00 MIHAI	Body toning STEFAN/ALEXANDRA
16:00-17:00		Karate NUKINA		Karate NUKINA			
17:00-18:00	Dans copii MIREL	Fit Kids - Easyline DARIUS	Dans copii MIREL	Fit Kids - Easyline DARIUS			
18:00-19:00	Power yoga MONICA	Just Butt ANA MARIA	Pilates LIORA	Aerobic groove ALEXANDRA	Tae bo RAZVAN 18:30 -19:30		
19:00-20:00	Toning dinamic + ? LIORA	Step my way ANA MARIA		Step my way ANA MARIA	Six pack attack RAZVAN 19:30		
20:00-21:00	Dans adulti MIREL	Easyline Toning LUCIAN	Dans adulti MIREL	Just Butt ANA MARIA			

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00-13:00	PAUL 11:00			LUCIAN 9:00			STEFAN/ALEXANDRA
19:30-20:30	LUCIAN	PAUL	LUCIAN	STEFAN	PAUL		

## KINESIS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
19:00-20:00	Move MONICA			Power 18:00 STEFAN			
20:00-21:00	Abs DORU 30min		Shape DARIUS				