

**PROGRAM ALEX GYM**

□ □ **Program 23.04 - 02.05.2019:**

**Sala fitness: 23.04 - 26.04 - Program normal**

**27.04 - 09:00-12:00**

**28.04 - INCHIS**

**29.04 - 17:00-21:00 (au acces si abonamnetele Fitness ora 17 !)**

**30.04 - 08:00-22:00**

**01.05 - INCHIS**

**02.05 - 10:00-22:30**

**Sala aerobic:**

**23.04 - nu se tine ora 18:00**

**24.04 - Program normal**

**25.04 - nu se tine ora 19:00**

**26.04 - nu se tine ora 19:00**

**27,28,29.04 si 01.05 nu se tin ore**

**30.04 - nu se tine ora 19:00**

**In perioada 23-30.04 abonamentele de aerobic, pot fi folosite la fitness!**

**SALA DE FITNESS SI CULTURISM**

Luni-Vineri: 08:00-22:30 Sambata: 08:00-18:00 Duminica: 10:00-15:00

**PROGRA**

**M SALA DE AEROBIC**

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**Ora/Ziua**

**Luni**

**Marti**

**Miercuri**

**09:00**

**10:00**

**11:00**

**12:00**

**Stretch&Tone - Oana**

**13:00**

**14:00**

**15:00**

**16:00**

**17:00**

**Step - Oana**

**Mix Aerobic - Oana**

**18:00**

**Total Body Workout - Alexandra**

**Pilates - Alexandra D.**

**Pilates - Veronica**

**Step- Alexandra**

**Stretch&Tone - Alex**

**19:00**

**Pilates - Veronica**

**Step -Alex**

**Mix Aerobic - Alex**

**Body Tone -Alexandra D.**

□ **Functional - Alexandra D.**  
**20:00**

**21:00**