

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