

## PROGRAM ALEX GYM

☐ ☐ **Incepand cu 1 iulie 2018 se vor scoate curusurile de aerobic de la ora 17:00!**

### **SALA DE FITNESS SI CULTURISM**

Luni-Vineri: 08:00-22:30 (program instructor fitness: 14:30-22:30) Sambata: 08:00-18:00 Du  
minica: 10:00-15:00

## PROGRAM SALA DE AEROBIC

☐ ☐ **Cursurile de Kempo-k1 si full contact sunt tinute de Radu Mihai Gabriel - Campion mondial kempo k1 s full contact, multiplu campion national kempo k1, vicecampion european Muaythai, campion national Muaythai etc.. ☐☐☐ Cursurile de Kempo☐ si Kangoo Jumps nu sunt incluse in abonamentul Aerobic!**

☐☐ **Pentru orele de Kangoo Jumps va rugam sa faceti programare!**

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**Ora/Ziua**

**Luni**

**Marti**

**Miercuri**

**09:00**

**10:00**

**11:00**

**12:00**

**HITT - Mihai**

**13:00**

14:00

**KEMPO**

15:00

**15:30 KEMPO**

**□ 15:30 KEMPO**

16:00

17:00

**Step - Alex**

**ABT - Mihai**

18:00

**Total Body Workout - Alexandra**

**Pilates - Veronica**

**Full Body Workout - Veronica**

**Step- Alexandra**

**Mixt Aerobic - Veronica**

19:00

**Pump - Alex**

**Kick aerobic - Mihai**

**Mix Aerobic - Alex**

**Body Pump & Abs - Alex**

**Stretch&Tone - Alex**

**20:00**

**Pilates - Veronica**

**21:00**

**KEMPO**