

PROGRAM ALEX GYM

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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 Bachata nu sunt incluse in abonamentul Aerobic! □ □ □

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09:00

10:00

11:00

12:00 **Tone Body** **□ - Mihai**

13:00

14:00

15:00

16:00

17:00

18:00

Total Body Workout - Alexandra

Pilates - Alex

Full Body Workout - Veronica

Step- Alexandra

Stretch&Tone - Alex

19:00

Pilates - Veronica

Step - Alex

Mix Aerobic - Alex

Body Pump & Abs - Alex

□ Pump up - Ana

20:00

Bachata

Bachata

21:00

KEMPO

□ □ **Bachata** □

□ **Bachata** □

KEMPO

KEM