

ORA	LUNI		MARTI		MIERCURI			JOI		VINERI			SAMBATA	
	Antrenament	Instructor	Antrenament	Instructor	Antrenament	Instructor	Antrenament	Instructor	Antrenament	Instructor	Antrenament	Instructor	Antrenament	Instructor
7 AM	PILATES SLIM Sala mare	Marcela Petridean			LOWER BODY SCULPT Sala mare	Marcela Petridean			BALLERINA BODY Sala mare	Marcela Petridean				
	PILATES TONE Sala mare	Marcela Petridean	DREAMBODY Sala mare	Dalandă Diallo	WEIGHT LOSS PILATES Sala mare	Marcela Petridean	HOT&FIT Sala mare	Dalandă Diallo	PILATES TONE Sala mare	Marcela Petridean				
9 AM	WORKWOW Sala mare	Paula Naidin	FITBEGININGS Sala mare	Dalandă Diallo	FIT MAZE Sala mare	Dalandă Diallo	WORK OF ART Sala mare	Dalandă Diallo	FIT FOUNDATION Sala mare	Paula Naidin	STANDING YOGA 2 REPEATS Sala mare	Marcela Petridean		
	SHAPERFIT Sala mare	Paula Naidin	JANE FONDA WOULD LOVE THIS! Sala mare	Raluca Preda	GRACEFULLY FIT Sala mare	Loredana Orza	TRANSFORM Sala mare	Oana Nita	BACK THINGS Sala mare	Paula Naidin	CALMING YOGA Sala mare	Marcela Petridean		
11 AM	BODYSHRED (BY JILLIAN MICHAELS) Sala mare	Oana Nita	PROGRESSIVE FIT Sala mare	Raluca Preda	RENAISSANCE Sala mare	Dalandă Diallo	WORKWOW Sala mare	Paula Naidin	THE PUMP Sala mare	Dalandă Diallo	FIT, SLIM AND GORGEOUS Sala mare	Dalandă Diallo		
					UP & DOWN PILATES Sala mica	Loredana Orza			ULTIMATE PILATES Sala mica	Loredana Orza				
12 PM	MORE AND MORE Sala mare	Oana Nita	FIRST FITNESS Sala mare	Cristina Chelba	STRENGTH& HARMONY Sala mare	Loredana Orza	SLIMFIT Sala mare	Paula Naidin			HOT AND FIT Sala mare	Dalandă Diallo		
	STRETCHING Sala mare	Marcela Petridean	POSTURAL Sala mare	Marcela Petridean	STRETCHING Sala mare	Marcela Petridean	POSTURAL Sala mare	Marcela Petridean			HATHA YOGA Sala mare	Raluca Nicolaescu		
2 PM			CALMING YOGA Sala mare	Marcela Petridean			BACKBEND OPENING YOGA Sala mare	Marcela Petridean						

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5 PM					ULTIMATE PILATES Sala mare	Loredana						
5 PM	HEY, GORGEOUS! Sala mare	Cristina Chelba	DREAMBODY Sala mare	Dalandia Diallo	CHISEL Sala mare	Dalandia Diallo	PILATES SHAPE Sala mare	Paula Naidin	FRESHFIT Sala mare	Dalandia Diallo		
6 PM	ENERGY VIBES Sala mica	Cristina Chelba	FIT START Sala mica	Paula Naidin	BLACK PANTHER Sala mare	Dalandia Diallo	FIT FORM Sala mare	Paula Naidin	FUNDAMENTALS Sala mica	Raluca Nicolaescu		
6 PM	TRANSFORM Sala mare	Oana Nita	RENAISSANCE Sala mare	Dalandia Diallo	SLOW TONNING Sala mica	Oana Nita	GRACEFULLY FIT Sala mica	Loredana Orza	FITASTIC Sala mare	Dalandia Diallo		
7 PM	INSANITY Sala mare	Oana Nita	STEP PLUS Sala mare	Paula Naidin	BODY SCULPT Sala mica	Andreea Stafie	FIT HYPE Sala mare	Loredana Orza	MOVEMENT Sala mare	Raluca Nicolaescu		
7 PM	ABSSOLUTION Sala mica	Loredana Orza	ARE THEY REAL? Sala mica	Cristina Chelba	TABATA Sala mare	Oana Nita	POWER WITHIN Sala mica	Dalandia Diallo	SLIMFIT Sala mare	Paula Naidin		
8 PM	STRENGTH AND HARMONY Sala mare	Loredana Orza	SMOKING HOT, BABE! Sala mare	Cristina Chelba	FEMININE YOGA Sala mare	Raluca Nicolaescu	PEACHES Sala mare	Dalandia Diallo	STANDING TALL Sala mare	Paula Naidin		

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7 AM	FITBEGININGS Sala mare	Dalanda Diallo	WORKWOW Sala mare	Paula Naidin	PILATES 360 Sala mare	Monica Rafail	THE FIRM Sala mare	Raluca Preda	YOGA RISE AND SHINE Sala mica	Dan Dumitrescu		
	WORK OF ART Sala mare	Dalanda Diallo	PILATES SHAPE Sala mare	Paula Naidin	KINETO POSTURAL Sala mare	Monica Rafail	FIT HAPPENS Sala mare	Raluca Preda	ENERGY YOGA Sala mica	Dan Dumitrescu		
10 AM											BODY SCULPT Sala mare	Monica Rafail
	STEP TONE Sala mare	Andreea Stafie	DELICATELY STRONG Sala mare	Loredana Orza	CORE DE FORCE Sala mare	Oana Nita	ENERGY VIBES Sala mare	Cristina Chelba	HEY, GORGEOUS! Sala mare	Cristina Chelba	PILATES 360 Sala mica	Monica Rafail
12 AM	FIRST COMBAT Sala mare	Andreea Stafie			PILATES MAT Sala mare	Oana Nita	FIRST FITNESS Sala mare	Cristina Chelba	THE WOW FACTOR Sala mare	Cristina Chelba	KINETO POSTURAL Sala mare	Monica Rafail
	POWER WITHIN Sala mare	Dalanda Diallo	RESISTANCE PILATES Sala mare	Loredana Orza	AYAYAY MAMASITA Sala mare	Paula Naidin	THE WOW FACTOR Sala mare	Cristina Chelba	FIT&ELEGANT Sala mare	Loredana Orza		
5 PM			JANE FONDA WOULD LOVE THIS! Sala mare	Raluca Preda			PILATES Sala mica	Adina Moise				
	BLACK PANTHER Sala mare	Dalanda Diallo	WAKE ME UP Sala mare	Loredana Orza	SMOKING HOT, BABE! Sala mare	Cristina Chelba	ENERGY VIBES Sala mare	Cristina Chelba	FIT HYPE Sala mare	Loredana Orza		
6 PM	FIT RESIST Sala mica	Paula Naidin	PROGRESSIVE FIT Sala mica	Raluca Preda	HOURGLASS FITNESS Sala mica	Paula Naidin	HEALTHY BACK Sala mica	Adina Moise	PILATES 360 Sala mica	Monica Rafail		
	FIT FORM Sala mica	Paula Naidin	STRENGTH AND HARMONY Sala mare	Loredana Orza	THE WOW FACTOR Sala mare	Cristina Chelba	THE SCULPT SOCIETY Sala mare	Raluca Nicolaescu	STRETCHING Sala mica	Monica Rafail		

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7 PM	YOU'VE GOT THIS! Sala mica	Dalanda Diallo	ENERGY YOGA Sala mica	Dan Dumitrescu						
8 PM	PEACHES Sala mare	Dalanda Diallo	YOGA DEEP STRETCH Sala mica	Dan Dumitrescu	BODY SCULPT Sala mica	Andreea Stafie	FEMININE YOGA Sala mare	Raluca Nicolaescu		