












SAT	SALA	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA	NEDJELJA
7:00	Mala Sala			SPINNING Anel ♥♥♥** 45 min				
9:00	Mala Sala		YOGA VINYASA Victoria ♥* 55 min		YOGA VINYASA Victoria ♥* 55 min			
	Velika sala						 TRX ESSENTIALS Edin/Azur/Edis ♥♥* 45 min	
10:00	Mala Sala	PILATES Adrienne ♥♥* 55 min		PILATES Adrienne ♥♥* 55 min				
	Physio Studo						FIT PILATES Iman ♥♥** 55 min	
11:00	Velika sala		SUPER FIT Azur ♥♥♥♥** 45 min		SUPER FIT Azur ♥♥♥♥** 45 min			LES MILLS BODYPUMP Azra 45 min
12:00	Velika sala	 TRX Full Body Workout Edin ♥♥♥** 45 min	BODY ART Adrienne ♥♥* 55 min	LES MILLS CXWORX Edin ♥♥♥♥*** 45 min	BODY ART Adrienne ♥♥* 55 min	 TRX CIRCUIT TABATA Edin ♥♥♥** 45 min	LES MILLS BODYPUMP Mima ♥♥♥*** 55 min	BODY & MIND Amra K. ♥♥* 55 min
16:15	Velika sala							 TRX Damir ♥* 45 min
17:15	Velika sala	TOTAL BODY ATTACK Azur ♥♥♥** 45 min	 TRX Damir ♥* 45 min	LES MILLS GRIT STRENGTH Azur ♥♥♥♥*** 30 min	 TRX Damir ♥* 45 min	TOTAL BODY ATTACK Azur ♥♥♥** 45 min		 TRX Damir ♥* 45 min
	Velika sala	LES MILLS BODYPUMP Azra ♥♥♥*** 55 min	BOXING Merima ♥♥* 55 min	LES MILLS BODYPUMP Azra ♥♥♥*** 55 min	LES MILLS GRIT STRENGTH Azur ♥♥♥♥*** 30 min	LES MILLS BODYPUMP Azra ♥♥♥*** 55 min		
18:15	Mala Sala	AEROBOXING Mima ♥♥* 55 min	SPINNING Anel ♥♥♥** 45 min	AEROBOXING Mima ♥♥* 55 min	SPINNING Anel ♥♥♥** 45 min	U JAM FITNESS Emir 45 min		
	Physio Studo	FIT PILATES Iman ♥♥** 55 min	BODY & MIND Amra K. ♥♥* 55 min	FIT PILATES Iman ♥♥** 55 min	BODY & MIND Amra K. ♥♥* 55 min	FIT PILATES Iman ♥♥** 55 min		
	Velika sala	U JAM FITNESS Emir 45 min	LES MILLS GRIT STRENGTH Azur ♥♥♥♥*** 30 min			BOXING Merima ♥♥* 55 min		
19:15	Mala Sala	SPINNING Anel ♥♥♥** 45 min	LES MILLS CXWORX Edin ♥♥♥♥*** 30 min	SPINNING Anel ♥♥♥** 45 min	LES MILLS CXWORX Edin ♥♥♥♥*** 30 min	SPINNING Anel ♥♥♥** 45 min		
	Avalon Physio Studio	BASIC PILATES Iman ♥* 55 min		BASIC PILATES Iman ♥* 55 min		BASIC PILATES Iman ♥* 55 min		
20:15	Velika sala	 TRX Edin ♥♥♥♥* 45 min	 TRX Edin ♥♥* 45 min	 TRX Edin ♥♥* 45 min	 TRX Edin ♥♥♥♥* 45 min			
	Mala Sala		LES MILLS BODYPUMP Mima ♥♥♥*** 55 min	ABS KILLER Damir 30 min	LES MILLS BODYPUMP Azra ♥♥♥*** 55 min			

Intenzitet treninga:

Lagani intenzitet treninga...

Srednji intenzitet...

Visoki intenzitet...

Super intenzivni trening...

Kompleksnost treninga:

Časovi manje zahtjevnog sadržaja sa vježbama koje su lako savladive.

Časovi koji zahtijevaju određeno iskustvo u vježbanju na sličnim ili istim programima.

Napredni časovi sa zahtjevnijim i kompleksnijim sadržajem, koji zahtijevaju predhodno iskustvo vježbača i određen nivo forme.