

| SAT   | SALA          | PONEDJELJAK  | UTORAK   | SRIJEDA  | ČETVRTAK   | PETAK  | SUBOTA   | NEDJELJA   |
|-------|---------------|--|--|--|--|--|--|--|
| 08:45 | Mala sala     |  | YOGA<br>Iman<br>♡♡** 55 min  |  | YOGA<br>Iman<br>♡♡** 55 min  |  |  |  |
| 10:00 | Velika sala   | PILATES<br>Adrienne<br>♡♡* 55 min  |  | PILATES<br>Adrienne<br>♡♡* 55 min  |  | BODY ART<br>Adrienne<br>♡♡* 55 min                                       | Week 2 and 4<br><b>LES MILLS<br/>BODYPUMP</b><br>Azra<br>55 min                      | Week 1 and 3<br>SUPER FIT<br>Amna<br>♡♡♡** 55 min        |
| 10:00 | Physio Studio |  |  |  |  |  | PILATES FIT<br>Iman<br>♡♡** 55 min   |  |
| 11:00 | Velika sala   |  | MILITARY<br>Azur<br>♡♡♡♡** 45 min  |  | SUPER FIT<br>Azur<br>♡♡♡♡** 45 min                                       |  | <b>TRX</b><br>Suspension Training<br>TRX Basic<br>Edin / Azur<br>♡♡** 45 min         | BODY & MIND<br>Amina<br>♡♡* 55 min                       |
| 12:00 | Velika sala   | <b>TRX</b><br>Suspension Training<br>TRX advance<br>Edin<br>♡♡♡** 45 min | BODY ART<br>Adrienne<br>♡♡* 55 min                                       | CORE TRAINING<br>Edin<br>♡♡♡** 30 min                                    | BODY ART<br>Adrienne<br>♡♡* 55 min                                       | <b>TRX</b><br>Suspension Training<br>TRX advance<br>Edin<br>♡♡♡** 45 min |  |  |
| 16:15 | Velika sala   |  |  |  |  |  | Week 2 and 4<br><b>TRX</b><br>Suspension Training<br>TRX Basic<br>Damir<br>♡* 45 min | Week 1 and 3<br>CROSS TRAINING<br>Jasmin<br>♡♡♡** 55 min |
| 17:15 | Velika sala   | SUPER FIT<br>Azur<br>♡♡♡** 45 min  | <b>TRX</b><br>Suspension Training<br>TRX Basic<br>Damir<br>♡* 45 min     | SUPER FIT<br>Azur<br>♡♡♡** 45 min  | <b>TRX</b><br>Suspension Training<br>TRX Basic<br>Damir<br>♡* 45 min     | Cross Training<br>Jasmin<br>♡♡♡** 45 min                                 | Week 2 and 4<br><b>TRX</b><br>Suspension Training<br>TRX Basic<br>Damir<br>♡* 45 min | Week 1 and 3<br>CROSS TRAINING<br>Jasmin<br>♡♡♡** 55 min |
| 17:15 | Mala sala     |  | CORE TRAINING<br>Edin<br>♡♡♡** 30 min                                    |  |  |  |  |  |
| 18:15 | Velika sala   | <b>LES MILLS<br/>BODYPUMP</b><br>Azra<br>55 min                          | <b>LES MILLS<br/>BODYPUMP</b><br>Damir<br>55 min                         | <b>LES MILLS<br/>BODYPUMP</b><br>Azra<br>55 min                          | <b>LES MILLS<br/>BODYPUMP</b><br>Damir<br>55 min                         | <b>LES MILLS<br/>BODYPUMP</b><br>Azra<br>55 min                          |  |  |
|       | Physio Studio | FIT PILATES<br>Iman<br>♡♡** 55 min                                       | BODY & MIND<br>Amina<br>♡♡* 55 min                                       | PILATES FIT<br>Iman<br>♡♡** 55 min                                       | BODY & MIND<br>Amina<br>♡♡* 55 min                                       | PILATES FIT<br>Iman<br>♡♡** 55 min                                       |  |  |
| 19:00 | Main Floor    | CROSS TRAINING<br>Jasmin<br>♡♡♡** 55 min                                 |  | CROSS TRAINING<br>Jasmin<br>♡♡♡** 55 min                                 |  |  |  |  |
|       | Velika sala   | BOXING<br>Merima<br>♡♡** 55 min  | <b>TRX</b><br>Suspension Training<br>TRX advance<br>Edin<br>♡♡♡♡* 45 min | BOXING<br>Merima<br>♡♡** 55 min  | <b>TRX</b><br>Suspension Training<br>TRX advance<br>Edin<br>♡♡♡♡* 45 min | <b>TRX</b><br>Suspension Training<br>TRX advance<br>Edin<br>♡♡♡♡* 45 min |  |  |
|       | Main Floor    |  |  |  | ABS KILLER<br>Damir<br>30 min  |  |  |  |
| 19:15 | Physio Studio | BASIC PILATES<br>Iman<br>♡* 55 min                                       |  | BASIC PILATES<br>Iman<br>♡♡* 55 min                                      |  | YOGA<br>Iman<br>♡♡* 55 min   |  |  |
|       | Mala Sala     |  | ZUMBA<br>Amina<br>♡* 55 min  |  | ZUMBA<br>Amina<br>♡* 55 min  |  |  |  |
| 20:15 | Velika sala   | <b>TRX</b><br>Suspension Training<br>TRX advance<br>Edin<br>♡♡♡♡* 45 min |  | <b>TRX</b><br>Suspension Training<br>TRX advance<br>Edin<br>♡♡♡♡* 45 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.

Rezervacije i otkaz termina mogući su putem telefona 033 553 300 na dan treninga.  
Reservations and cancellations are possible by phone 033 553 300.