

GRUPNI PROGRAMI OD 01.11.2017.

	PONEDJELJAK		UTORAK		SRIJEDA		ČETVRTAK		PETAK	
	DVORANA 1	DVORANA 4	DVORANA 1	DVORANA 4	DVORANA 1	DVORANA 4	DVORANA 1	DVORANA 4	DVORANA 1	DVORANA 4
8.00	SENIOR FIT *						SENIOR FIT *			
9.00	BOOT CAMP ***		BOOT CAMP ***		BOOT CAMP ***		BOOT CAMP ***		BOOT CAMP ***	
16.20	AFTERWORK BOOT CAMP ***	JUNIOR FIT **	BOOT CAMP BASIC **		AFTERWORK BOOT CAMP ***	JUNIOR FIT **	BOOT CAMP BASIC **		AFTERWORK BOOT CAMP ***	UVODNI TRENING U TERETANI
17.30	BOOT CAMP ***	PILATES/ CORE FIT **	UVODNI TRENING U TERETANI	SLIM & FIT **	BOOT CAMP ***	PILATES/ CORE FIT **		SLIM & FIT **	BOOT CAMP ***	SLIM & FIT **
18.40	AQUILA EXTREME *****	SLIM & FIT **	BOOT CAMP ***	SLIM & FIT **	AQUILA EXTREME *****	SLIM & FIT **	BOOT CAMP ***		AQUILA EXTREME *****	BODY FIT **
19.45			AQUILA EXTREME *****				AQUILA EXTREME *****			

DVORANA 3

	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK
17.30	FIT DANCE **			FIT DANCE **	
18.30					
19.00	JOGA	KATARE KLUB MABUNI	19.30 PS KORAK	JOGA	KARATE KLUB MABUNI

DVORANA STAKLENA-SJEVER

18.00	PS KORAK		PS KORAK		PS KORAK
19.30		D&D		D&D	

INTENZITET VJEŽBANJA:

- \*nizak
- \*\*srednji
- \*\*\* srednji do visoki
- \*\*\*\* visoki
- \*\*\*\*\* vrlo visoki