

GRUPNI PROGRAMI 18.06. - 01.09. 2018.

	PONEDJELJAK			UTORAK			SRIJEDA			ČETVRTAK			PETAK		
	DVORANA 1	DVORANA 2	DVORANA 3	DVORANA 1	DVORANA 2	DVORANA 3	DVORANA 1	DVORANA 2	DVORANA 3	DVORANA 1	DVORANA 2	DVORANA 3	DVORANA 1	DVORANA 2	DVORANA 3
8:00	Senior fit									Senior fit					
9:00	Boot camp						Boot camp						Boot camp		
10:00				Junior Fit						Junior Fit					
16.20	Afterwork boot camp						Afterwork boot camp						Afterwork boot camp		
17:30	Boot camp	Pilates / Core fit			Slim & Fit		Boot camp	Pilates / Core fit			Slim & Fit			Slim & Fit	
18:40	Aquila extreme			Boot camp			Aquila extreme	Slim & Fit		Boot camp			Aquila extreme		
19:00			Joga									Joga			
19:45		Slim & Fit			Slim & Fit						Slim & Fit				

	Niski intenzitet vježbanja
	Srednji intenzitet vježbanja
	Srednji do visoki intenzitet vježbanja
	Vrlo visoki intenzitet vježbanja