

**GRUPNI PROGRAMI 10. 9. 2018. - 15.6. 2019.**

	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			Boot camp		
16.20	Afterwork boot camp						Afterwork boot camp						Afterwork boot camp		
17:30	Boot camp	Pilates / Core fit		Boot camp	Slim & Fit		Boot camp	Pilates / Core fit		Boot camp	Slim & Fit			Slim & Fit	
18:40	Aquila extreme	Slim & Fit		Boot camp	Slim & Fit		Aquila extreme	Slim & Fit		Boot camp			Aquila extreme		
19:00			Joga									Joga			
19:45		Slim & Fit		Aquila extreme							Slim & Fit				

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