

## ENERGY FITNESS CLUB

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	LUNI	MARTI	MIERCURI	JOI	VINERI	SAMBATA*			LUNI	MARTI	MIERCURI	JOI	VINERI	SAMBATA*	
						* o data la doua saptamani								* o data la doua saptamani	
09 <sup>30</sup>	DANI Antrenament HIIT		DANI Antrenament HIIT		DANI Antrenament HIIT			09 <sup>30</sup>	DANI Antrenament HIIT		DANI Antrenament HIIT		DANI Antrenament HIIT		
10 <sup>10</sup>						ANDREEA KANGOO	ANDREEA KANGOO	10 <sup>10</sup>						ANDREEA KANGOO	ANDREEA KANGOO
11 <sup>10</sup>	ROXANA Circuit Training	ANDREEA Step Power	ROXANA Core& Postural Training	ANDREEA Basic Step	ROXANA Step Power	ANDREEA Aero Combat	ANDREEA Aero Combat	11 <sup>10</sup>	ROXANA Circuit Training	ANDREEA Step Power	ROXANA Core& Postural Training	ANDREEA Basic Step	ROXANA Step Power	ANDREEA Aero Combat	ANDREEA Aero Combat
12 <sup>10</sup>	ROXANA Fit Ball & Tonifiere	ANDREEA Cardio Toning	ROXANA TBow Conditioning	ANDREEA Kangoo Jumps	ROXANA Mat Workout	ANDREEA Step Power	DANI Six Pack Spartan	12 <sup>10</sup>	ROXANA Fit Ball & Tonifiere	ANDREEA Cardio Toning	ROXANA TBow Conditioning	ANDREEA Kangoo Jumps	ROXANA Mat Workout	ANDREEA Step Power	DANI Six Pack Spartan
						ANDRA Spinning	ANDRA Spinning							ANDRA Spinning	ANDRA Spinning
13 <sup>10</sup>	ANDREEA Tonifiere		ANDREEA Circuit		MARIANA Step Aerobic	ANDRA Interval + Abs	DANI Antrenament HIIT	13 <sup>10</sup>	ANDREEA Tonifiere		ANDREEA Circuit		MARIANA Step Aerobic	ANDRA Interval + Abs	DANI Antrenament HIIT
14 <sup>10</sup>						DANI Antrenament HIIT		14 <sup>10</sup>						DANI Antrenament HIIT	
15 <sup>10</sup>								15 <sup>10</sup>							
16 <sup>10</sup>	Karate ENERGY CLUB (PRIVAT)	ANDRA Step Intervals	DANI Six Pack Spartan	ANDRA Pilates si Izometrie	DEEA Functional Training	Karate ENERGY CLUB (PRIVAT)		16 <sup>10</sup>	Karate ENERGY CLUB (PRIVAT)	ANDRA Step Intervals	DANI Six Pack Spartan	ANDRA Pilates si Izometrie	DEEA Functional Training	Karate ENERGY CLUB (PRIVAT)	
17 <sup>10</sup>	DANI HIIT	ANDRA Combat Cardio	DANI Circuit	ANDRA Rebound AAS	DEEA Target Metabolic			17 <sup>10</sup>	DANI HIIT	ANDRA Combat Cardio	DANI Circuit	ANDRA Rebound AAS	DEEA Target Metabolic		
18 <sup>10</sup>	ROXANA Step Intervals	ANDRA Combat Cardio	ROXANA Total Body Workout	ANDRA Tonifiere	ROXANA Circuit Training			18 <sup>10</sup>	ROXANA Step Intervals	ANDRA Combat Cardio	ROXANA Total Body Workout	ANDRA Tonifiere	ROXANA Circuit Training		
19 <sup>10</sup>	ROXANA Indoor Cycling	ANDRA Spinning*		ANDRA Spinning*	ROXANA Core & Postural Training			19 <sup>10</sup>	ROXANA Indoor Cycling	ANDRA Spinning*		ANDRA Spinning*	ROXANA Core & Postural Training		
	ALEXANDR A Kangoo Jumps	ALEXANDR A Kangoo Jumps	ROXANA Step Dance	ROBERT Khai Bo					ALEXANDR A Kangoo Jumps	ALEXANDR A Kangoo Jumps	ROXANA Step Dance	ROBERT Khai Bo			
20 <sup>10</sup>	ROBERT Warrior Challenge	ROBERT Khai Bo	ROBERT Warrior Challenge	ROBERT Warrior Challenge	ROBERT Khai Bo			20 <sup>10</sup>	ROBERT Warrior Challenge	ROBERT Khai Bo	ROBERT Warrior Challenge	ROBERT Warrior Challenge	ROBERT Khai Bo		