











## GROUP COURSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:50							
10:00						<b>Fighting Kids 60'</b>	
11:00						 '90	
12:00							
12:30	Full body workout 45'		Circuit training 60'	Booty 30'	Fatkiller 45'		
13:00				Sixpack 30'			
17:00							
18:00		 90'	 30'	 90'	 30'		
18:30			 60'		 60'		
19:00	Circuit training 60'						
19:30			 60'		 60'		
20:00	 90'	Full body workout 60'		Full body workout 60'			

## INDOOR CYCLING

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00						<i>Nozi 60'</i>	
19:00			<i>Nozi 60'</i>				
20:00	<i>Nozi 60'</i>						

Available from 3.January