

# FITNESS



# CLASSES

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<u>08:15</u>	PILATES				YOGA		
<u>09:00</u>			CARDIO PILATES				FUNCTIONAL TRAINING
<u>10:00</u>		50:50		DYNAMIC CYCLING		PILATES	
<u>17:00</u>	CROSS TRAINING		ABS & HIPS		TOTAL BODY		YOGA
<u>18:30</u>		PILATES		YOGILATES		SUSPENSION TRAINING	

\*Participation cost 5 €. Minimum number of participants: 3 persons.