

**JESENSKI RASPORED 2018./2019.**

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
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**UJUTRO**

					8h30 YOGA Hatha 1h
9h BODYPUMP 1h	9h ZUMBA 1h	9h YOGA Hatha 1h	9h ZUMBA 30'	9h BODYSTEP C 30'	
			9:30h CX WORX	9:30h CX WORX	9:30h CX WORX
					10:30h KIDS 1h

**POPODNE**

		16:30h 30' SNATCH CIRCUIT	16h KIDS 1h	16:45h 30' SNATCH CIRCUIT
17h BODYPUMP 45'	17h KETTLEBELL	17h GSW 1h	17h KETTLEBELL	
				17:30h GSW 1h
18h CX WORX	18:15h CX WORX	18h BODYPUMP 45'	18:15h CX WORX	
				18:30h BODYATTACK 45'
18h45 ZUMBA	19h BODYSTEP C. 55'	19h CX WORX	19h YOGA VINYASA FLOW	19:15h BODYPUMP 45'
19h45 BODYATTACK 45'		19:30h BODYBALANCE 45'		
	20h YOGA VINYASA FLOW		20h BODYSTEP A. 45'	20h ZUMBA
20h30 BODYBALANCE 55'		20:30h ZUMBA		
	21h BODYPUMP 45'		21h BODYPUMP 55'	