



GROUP CLASSES PROGRAM

from 14.01.2026

MONDAY

7.00	CROSS TRAINING 60' Pedro
7.00	INTERM VINYASA FLOW 60' Adriana
9.00	ABDOS FESSIERS 30' Pedro
9.30	TBC 60' Pedro G.
12.00	SPINNING 60' Paul S.
12.30	POWER PILATES 60' Dan
12.30	CIRCUIT TRAINING 60' Pedro
17.30	CORE CHALLENGE 30' Pedro
18.00	BODY ATTACK 60' Pedro
18.00	POWER PILATES 60' Dan
18.00	BOXING 60' Kader
19.00	SPINNING 60' Djamila
19.00	BOXING 60' Kader
19.00	FAC 60' Dan
20.00	SELF DEFENSE 90' Zurab
20.00	BODY PUMP 60' Dan

TUESDAY

7.00	BODY WEIGHT WORKOUT 60' Pedro
9.00	STRETCHING 30' Pedro
9.30	CORE LEGS BUTT 60' Pedro G.
12.00	HYROX PREP 60' Eizen
12.30	BODY PUMP 60' Pedro
18.00	BODY PUMP 60' Dan
18.00	BOXING 60' Kader
18.00	INTERM VINYASA FLOW 60' Adriana
18.00	SPINNING 60' Paul D.
19.00	BODY COMBAT 60' Dan
19.00	BOXING 60' Kader
19.10	DANCE 60' Laura
19.10	SPINNING 60' Adam
20.00	MUAY THAI 60' Dirk

WEDNESDAY

7.00	SPINNING 60' Paul S.
9.00	GRIT 30' Pedro
9.30	BODY SHAPE 60' Pedro
9.30	VINYASA FLOW 60' Adriana
9.30	CORE CHALLENGE 30' Pedro
10.30	TBC 60' Pedro G.
12.30	PILATES 60' Dan
12.30	BOXING 60' Lucas
18.00	FULL BODY POWER 60' Pedro
18.00	YOGA HATHA 60' Oana
19.00	SPINNING 60' Oana
19.00	SELF DEFENSE 90' Zurab
19.10	FIT DANCE 60' Imane
19.10	BODY PUMP 60' Pedro
20.00	BODY BALANCE 60' Imane
20.00	BODY PUMP 60' Annie

THURSDAY

7.00	BODY PUMP 60' Pedro
8.00	BOOTCAMP 60' Pedro
10.00	BODY WEIGHT WORKOUT 60' Pedro
12.00	SPINNING 60' Paul S.
12.30	BODY PUMP 60' Dan
18.00	BOXING 60' Lucas
18.00	PILATES 60' Adam
18.00	GRIT 30' Barbara
18.30	BODY ATTACK 60' Fevzi
19.00	SPINNING 60' Djamila
19.00	BOXING 60' Lucas
19.10	YOGA HATHA 60' Åsa
19.30	MUAY THAI 90' Dirk

FRIDAY

8.00	CIRCUIT TRAINING 60' Pedro
9.30	VINYASA FLOW 60' Adriana
11.00	CROSS TRAINING 60' Pedro
12.30	BODY PUMP + CORE 60' Pedro
12.30	POWER PILATES 60' Dan
18.00	BODY BALANCE 60' Leo
18.00	BODY ATTACK 60' Fevzi
19.00	SPINNING 60' Momo
19.00	BODY PUMP 60' Fevzi

- **STRONG ZONE**
- **FLEX ZONE**
- **RIDE ZONE**
- **BOXING ZONE**
- **MAIN ZONE**
- **HYROX ZONE**

SATURDAY

9.00	SPINNING 60' Paul S.
9.30	BODY COMBAT 60' Dan
9.30	YOGA ASHTANGA 60' Yuting
10.30	FAC 60' Dan
10.45	YOGA VINYASA FLOW 60' Adriana
11.30	MUAYTHAI BOXING 90' Lucas
11.30	BODY PUMP 60' Dan

SUNDAY

9.00	YOGA HATHA 60' Åsa
9.30	BODY PUMP 60' Dan
10.15	PILATES 60' Mika
10.30	Dance 60' Laura
10.30	SPINNING 60' Pedro G.
10.30	BOXING 60' Armen
11.30	BOXING 60' Armen
11.30	BODY ATTACK 60' Fevzi
11.30	YOGA VINYASA FLOW 60' Adriana
12.30	GRIT 30' Fevzi