



GROUP CLASSES PROGRAM

from 04.05.2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SPINNING 60'

Paul S.

BODY COMBAT 60'

Tatyana

YOGA ASHTANGA 60'

Yuting

RIDE 60'

Julia

FAC 60'

Dan

VINYASA FLOW 60'

Asa

MUAYTHAI BOXING 90'

Lucas

BODY PUMP 60'

Dan

SUNDAY

YOGA HATHA 60'

Åsa

BODY PUMP 60'

Dan

PILATES 60'

Mika

Dance 60'

Laura

SPINNING 60'

Pedro G.

BOXING 60'

Armen

BOXING 60'

Armen

BODY ATTACK 60'

Fevzi

GRIT 30'

Fevzi

7.00 CROSS TRAINING 60'

Pedro

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 HYROX PREP 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

18.00 SPINNING 60'

Djamila

19.00 BOXING 60'

Kader

19.00 FAC 60'

Dan

19.00 SELF DEFENSE 90'

Zurab

20.00 BODY PUMP 60'

Dan

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'

Eizens

12.30 BODY PUMP 60'

Pedro

18.00 BODY PUMP 60'

Dan

18.00 BOXING 60'

Kader

18.00 PILATES 60'

Adam

19.00 BODY COMBAT 60'

Jeff

19.00 BOXING 60'

Kader

19.10 SPINNING 60'

Adam

19.15 DANCE 60'

Laura

20.00 MUAY THAI 60'

Dirk

7.00 SPINNING 60'

Paul S.

7.00 YOGA HATHA 60'

Mika

9.00 GRIT 30'

Pedro

9.30 BODY SHAPE 60'

Pedro

10.30 CORE CHALLENGE 30'

Pedro

12.30 TBC 60'

Pedro G.

12.30 PILATES 60'

Ungudi

12.30 BOXING 60'

Lucas

18.00 FULL BODY POWER 60'

Pedro

18.00 YOGA YIN 60'

Adam

19.00 SELF DEFENSE 90'

Zurab

19.00 BODY PUMP 60'

Pedro

19.10 BODY JAM 60'

Imane

20.00 BODY PUMP 60'

Annie

20.15 BODY BALANCE 60'

Imane

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

12.30 HYROX PREP 60'

Pedro

18.00 BOXING 60'

Lucas

18.00 VINYASA FLOW 60'

Asa

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

8.00 HYROX PREP 60'

Eizens

8.00 CIRCUIT TRAINING 60'

Pedro

9.30 YOGA HATHA 60'

Samuel

12.30 BODY PUMP + CORE 60'

Pedro

12.30 POWER PILATES 60'

Kate

18.00 BODY BALANCE 60'

Leo

18.00 BODY ATTACK 60'

Fevzi

19.00 SPINNING 60'

Momo

19.00 BODY PUMP 60'

Fevzi

19.05 BODY JAM 60'

Imane

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