

RASPORED GRUPNIH TRENINGA

PROLJEĆE 2017.

EFEKTIVNO OD 17.04.2017.

VITA

FITNESS & SPA

www.vitafitness.hr | +385.(0)1.6593.130



STUDIO C

PON

UTO

SRI

ČET

PET

SUB

NED

08:30

WAKE UP
WORKOUT*

(Bojan)

WAKE UP
WORKOUT*

(Bojan)

WAKE UP
WORKOUT*

(Bojan)

17:00

BACK IN
SHAPE

(Mirta)

CIRCUIT

(Frano)

BACK IN
SHAPE

(Mirta)

TNS

(Ante)

18:00

FUNCTIONAL
ATHLETIC
CONDITIONING

(Robi)

BODY
CONDITIONING

(Marija)

CORE LAB 30'
BEST BUTT
EVER 30'

(Robi)

POWER
SCULPT

(Marija)

CORE LAB 30'
TABATA 30'

(Robi)

19:00

POWER
SCULPT

(Vlatka)

BODY
CONDITIONING

(Vlatka)

FUNCTIONAL
CARDIO

(Frano)

FUNCTIONAL
ATHLETIC
CONDITIONING

(Robi)

20:00

ZUMBA

FUNCTIONAL
CARDIO

(Frano)

ZUMBA

21:00

TNS

(Ante)

TNS

(Ante)

*WAKE UP WORKOUT GRUPA BITI ĆE AKTIVNA DO 01.05.2017.

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STUDIO D

PON

UTO

SRI

ČET

PET

SUB

NED

10:45

WAKE UP
YOGA 90'

(Marko)

17:15

BACK IN
SHAPE

(Mirta)

18:15

ABC YOGA 75'

(Marko)

ABC YOGA 75'

(Marko)

PILATES

(Mirta)

19:15

PILATES

(Biljana)

PILATES +

(Biljana)

VINYASA
YOGA 90'

(Marko)

19:30

VINYASA
YOGA 75'

(Marko)

VINYASA
YOGA 75'

(Marko)

20:15

ABC YOGA

(Biljana)

CORE
VINYASA

(Biljana)