

GT RASPORED

Synergy 1 - Veselina Masleše 74

🕒	PON	UTO	SRE	ČET	PET	SUB	NED
9 h	Boot Camp Advanced NIKOLA POPNOVAKOV	Core & Gluteus NIKOLA POPNOVAKOV	Ride & HIIT MIRKO ČOLIĆ	Boot Camp Advanced MIRKO ČOLIĆ	Core & Gluteus MIRKO ČOLIĆ		
10 h						HIIT	
18 h	Mobility & Boot Camp Basic ISIDORA TOMA		Fundamental & Boot Camp Basic NIKOLA POPNOVAKOV		Mobility & Boot Camp Basic NIKOLA POPNOVAKOV		Kick Box & Conditioning NEMANJA BAČVAN
19 h	Ride & Core ALEKSANDAR KRSTIĆ	HIIT MILAN VIŠIĆ	Ride & Gluteus ISIDORA TOMA	HIIT NIKOLA LUKIĆ	Ride & Core NEMANJA BAČVAN		
20 h	Boot Camp Advanced NIKOLA LUKIĆ	Core & Gluteus ISIDORA TOMA	Boot Camp Advanced NIKOLA LUKIĆ	Core & Gluteus MILAN VIŠIĆ	Boot Camp Advanced ALEKSANDAR KRSTIĆ	Core & Gluteus	Boot Camp Advanced
20 h			Kick Box & Conditioning NEMANJA BAČVAN				

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Synergy 2 - Bulevar Evrope 2

🕒	PON	UTO	SRE	ČET	PET	SUB	NED
9 h	HIIT NIKOLA LOVRIĆ	Boot Camp Advanced ANDREA AĆIMOVIĆ	Core & Gluteus ANDREA AĆIMOVIĆ	Boot Camp Advanced NIKOLA LOVRIĆ	HIIT MARKO JANKOVIĆ		
10 h						Core & Gluteus	
18 h		Kick Box & Conditioning MARKO JANKOVIĆ		Kick Box & Conditioning MARKO MEDIĆ			
19 h	Boot Camp Advanced MARKO MEDIĆ	Fundamental & Boot Camp Basic MARKO JANKOVIĆ	Boot Camp Advanced NIKOLA DAMNJANOVIĆ	Mobility & Boot Camp Basic ANDREA AĆIMOVIĆ	Boot Camp Advanced MARKO MEDIĆ		
20 h	Core & Gluteus LUKA DRAGUTINOVIĆ	HIIT NIKOLA DAMNJANOVIĆ	Core & Gluteus MARKO MEDIĆ	HIIT LUKA DRAGUTINOVIĆ	Core & Gluteus LUKA DRAGUTINOVIĆ	Boot Camp Advanced	HIIT

SMALL GROUP RASPORED

Veselina Masleše 74

	Pon	Uto	Sre	Čet	Pet	Sub
9 h 11 h						Strong Woman grupe 1 i 2
18 h	Synergy Spartan	Strong Woman grupe 1 i 2	Synergy Spartan	Strong Woman grupe 1 i 2	Synergy Spartan	
19h	Strong Woman grupa 3		Strong Woman grupa 3		Strong Woman grupa 3	

Small group treninzi podrazumevaju rad sa personalnim trenerom u grupi do 8 vežbača koji zajedno čine tim koji vežba po za njih specifično kreiranom programu na osnovu rezultata testiranja

Synergy Spartan – izazovan spartanski trening za muškarce
Strong Woman – trening kojim žene postaju snažne i oblikuju telo

SMALL GROUP RASPORED

Bulevar Evrope 2

	Pon	Uto	Sre	Čet	Pet	Sub
10 h		Strong Woman grupa 4		Strong Woman grupa 4		Strong Woman grupe 1,4
18h	Strong Woman grupe 2,3		Strong Woman grupe 2,3		Strong Woman grupe 2,3	
19h	Strong Woman grupa 5	Strong Woman grupa 1	Strong Woman grupa 5	Strong Woman grupa 1	Strong Woman grupa 5	

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Synergy Spartan – izazovan spartanski trening za muškarce
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