

# GT RASPORED

Synergy 1 - Veselina Masleše 74

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

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## Synergy 2 - Bulevar Evrope 2

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

# SMALL GROUP RASPORED

## Veselina Masleše 74

	Pon	Uto	Sre	Čet	Pet	Sub
9 h 11 h						<b>Strong Woman</b> grupe 1 i 2
18 h	<b>Strong Woman</b> grupa 4	<b>Strong Woman</b> grupe 1 i 2	<b>Strong Woman</b> grupa 4	<b>Strong Woman</b> grupe 1 i 2	<b>Strong Woman</b> grupa 4	
19h	<b>Strong Woman</b> grupa 3		<b>Strong Woman</b> grupa 3		<b>Strong Woman</b> 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

Strong Woman – trening kojim žene postaju snažne i oblikuju telo

# SMALL GROUP RASPORED

## Bulevar Evrope 2

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

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

Strong Woman – trening kojim žene postaju snažne i oblikuju telo