

GT RASPORED

Synergy 1 - Veselina Masleše 74

🕒	PON	UTO	SRE	ČET	PET	SUB	NED
9 h	Boot Camp Advanced	Core & Gluteus	Ride & HIIT	Boot Camp Advanced	Core & Gluteus		
10 h						HIIT	
18 h	Mobility & Boot Camp Basic		Fundamental & Boot Camp Basic		Mobility & Boot Camp Basic		
19 h	Ride & Core	HIIT	Ride & Gluteus	HIIT	Ride & Core		
20 h	Boot Camp Advanced	Core & Gluteus	Boot Camp Advanced	Core & Gluteus	Boot Camp Advanced	Core & Gluteus	Boot Camp Advanced
20 h			Kick Box & Conditioning		Kick Box & Conditioning		

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Synergy 2 - Bulevar Evrope 2

🕒	PON	UTO	SRE	ČET	PET	SUB	NED
9 h	HIIT	Boot Camp Advanced	Core & Gluteus	Boot Camp Advanced	HIIT		
10 h						Core & Gluteus	
18 h		Kick Box & Conditioning		Kick Box & Conditioning			
19 h	Boot Camp Advanced	Fundamental & Boot Camp Basic	Boot Camp Advanced	Mobility & Boot Camp Basic	Boot Camp Advanced		
20 h	Core & Gluteus	HIIT	Core & Gluteus	HIIT	Core & Gluteus	Boot Camp Advanced	HIIT

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Synergy 3 - Narodnog fronta 25b

	PON	UTO	SRE	ČET	PET	SUB	NED
8h	Synergy Flow			Synergy Flow			
9h	Boot Camp Advanced	Core & Gluteus	HIIT	Fundamental & Boot Camp Basic	Core & Gluteus	Synergy Flow	
10h						HIIT	
18h	Mobility & Boot Camp Basic		Fundamental & Boot Camp Basic		Mobility & Boot Camp Basic	Core & Gluteus	Boot Camp Advanced
19h	Kick Box & Conditioning	Boot Camp Advanced	Kick Box & Conditioning	Boot Camp Advanced	Boot Camp Advanced		
20h	HIIT	Core & Gluteus	HIIT	Core & Gluteus	HIIT		

SMALL GROUP RASPORED

Veselina Masleše 74

	Pon	Uto	Sre	Čet	Pet	Sub
9 h						Strong Woman grupe 1 i 2
18 h		Strong Woman grupe 1 i 2		Strong Woman grupe 1 i 2		
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

Strong Woman – trening kojim žene postaju snažne i oblikuju telo

SMALL GROUP RASPORED

Bulevar Evrope 2

	Pon	Uto	Sre	Čet	Pet	Sub
11 h						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 1		Strong Woman grupa 1		

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