



Milutina Barača 7
Mlaka
Tel/Fax: 343-082

Radno vrijeme:
 Pon - Pet 7:00 - 22:00
 Sub 8:00 - 20:00
 Ned 16:00 - 20:00

RASPORED TRENINGA AKTIVAN OD 10. 05. 2010.

POWER PLATE - najtraženiji svjetski fitness program
Rezervacije na pultu fitness centra ili na telefon

Vrijeme	PON	UTO	SRI	ČET	PET	SUB
7:00-22:00	POWER PLATE	POWER PLATE	POWER PLATE	POWER PLATE	POWER PLATE	POWER PLATE

DVORANA I

Vrijeme	PON	UTO	SRI	ČET	PET	SUB
10:00	BASIC AEROBIC MIX		BASIC AEROBIC MIX		BASIC AEROBIC MIX	AEROBIC MIX
11:15			FREESTYLE PRO			
14:30		FREESTYLE PRO		FREESTYLE PRO		FREESTYLE PRO
16:00	FREESTYLE PRO 15:30	FREESTYLE TRAMPOLIN		FREESTYLE TRAMPOLIN		
17:30	TNS MIX	BASIC CONDITIONING	TNS MIX	BASIC CONDITIONING	TNS MIX	
18:30	BASIC AEROBIC MIX	TOTAL BODY WORKOUT	BASIC AEROBIC MIX	TOTAL BODY WORKOUT	BASIC AEROBIC MIX	
19:30	AEROBIC MIX	ZUMBA	AEROBIC MIX	ZUMBA	AEROBIC MIX	ZUMBA 19:00
20:30	CONDITIONING	THAI BO	CONDITIONING	THAI BO	CONDITIONING	

DVORANA II

Vrijeme	PON	UTO	SRI	ČET	PET	SUB
10:00	KOREKTIVNA GIMNASTIKA	BASIC PILATES	KOREKTIVNA GIMNASTIKA	BASIC PILATES	KOREKTIVNA GIMNASTIKA	11:00 KOREKTIVNA G.
16:30	YOGA		YOGA			
17:00		KOREKTIVNA GIMNASTIKA		KOREKTIVNA GIMNASTIKA		
18:00	VJEŽBE ZA TRUDNICE	BODY PILATES	VJEŽBE ZA TRUDNICE	BODY PILATES	VJEŽBE ZA TRUDNICE	
19:00	PILATES VARIATIONS	KOREKTIVNA GIMNASTIKA	PILATES VARIATIONS	KOREKTIVNA GIMNASTIKA	PILATES VARIATIONS	
20:00	PILATES VARIATIONS	BASIC AEROBIC	PILATES VARIATIONS	BASIC AEROBIC	KOREKTIVNA GIMNASTIKA	
21:00	DANCE BY DAVOR	BASIC PILATES	DANCE BY DAVOR	BASIC PILATES		