

SIVE grupe – NEAKTIVNE

Fitness Kaptol – Dvorana 1 / Hall 1

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
TOTAL BODY 09:00 - 09:55 Ana E.	MORNING WORKOUT 09:00 - 09:55 Ivona	TOTAL BODY 09:00 - 09:55 Ana E.	MORNING WORKOUT 09:00 - 09:55 Ivona	TOTAL BODY 09:00 - 09:55 Ana E.	
MORNING PILATES 10:00 - 10:55 Petra	CORRECTIVE GYMNASTIC 10:00 - 10:55 Saša Đ.	MORNING PILATES 10:00 - 10:55 Petra	CORRECTIVE GYMNASTIC 10:00 - 10:55 Saša Đ.	MORNING PILATES 10:00 - 10:55 Petra	
	SeniorFIT 11:00 Specijalizirani program			SeniorFIT 11:00 Specijalizirani program	
PILATES POWER 17:00 - 17:55 Petra		PILATES POWER 17:00 - 17:55 Petra		PILATES POWER 17:00 - 17:55 Petra	
WOW 18:00 - 18:55 Ivona	DO YOU DARE 18:00 - 18:55 Srđan	WOW 18:00 - 18:55 Ivona	DO YOU DARE 18:00 - 18:55 Srđan		
LESMILLS BODY ATTACK 19:00 - 19:55 Ines & Ana	INDOOR CYCLING 19:00 - 19:55 Edo	LESMILLS BODY ATTACK 19:00 - 19:55 Ines & Ana	INDOOR CYCLING 19:00 - 19:55 Edo		
LESMILLS BODY PUMP 20:00 - 20:55 Ines i Ana	PURE PILATES 20:00 - 20:55 Saša	LESMILLS BODY PUMP 20:00 - 20:55 Ines i Ana	PURE PILATES 20:00 - 20:55 Saša		

Fitness Kaptol – Dvorana 2 / Hall 2

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
	FUNCTIONAL CIRCUIT 09:00 - 09:55 Nikola		FUNCTIONAL CIRCUIT 09:00 - 09:55 Nikola		
TRX 18:15 - 19:10 Robert / Antonio		TRX 18:15 - 19:10 Robert / Antonio		TRX 18:15 - 19:10 Robert	
TRX 19:15 - 20:10 Robert / Antonio	DO YOU DARE 19:15 - 20:10 Srđan		DO YOU DARE 19:15 - 20:10 Srđan		
BOXING 20:15 - 21:10 Igor	CROSS COMBAT 20:15 - 21:10 Mirna	BOXING 20:15 - 21:10 Igor	CROSS COMBAT 20:15 - 21:10 Mirna		

SIVE grupe – NEAKTIVNE

Green Gold Gym – Dvorana 1 / Hall 1

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
FAT BURN CONDITIONING 7:00 - 07:55 Ivona Č.	OrlandoFit FLOW 07:30 - 08:25 Ivona Č.	FAT BURN CONDITIONING 7:00 - 07:55 Ivona Č.	OrlandoFit FLOW 07:30 - 08:25 Ivona Č.	FAT BURN CONDITIONING 7:00 - 07:55 Ivona Č.	
Gym and fun kids (DV Čigra) 15:15 - 16:00 OFG team		Gym and fun kids (DV Čigra) 15:15 - 16:00 OFG team			ORLANDO CROSS 09:30 - 10:25 Dalia
TRX WARRIOR 16:00 - 16:55 Dalia	TABATA 16:30 - 16:55 Dalia	TRX WARRIOR 16:00 - 16:55 Dalia	TABATA 16:30 - 16:55 Dalia	TRX WARRIOR 16:00 - 16:55 Dalia	Do my dance 12:00 -12:55 ili 17:00 - 17:55 Ivona F. \$ 📞
PILATES 17:00 - 17:55 Saša	ORLANDO CROSS 17:00 - 17:55 Dalia	PILATES 17:00 - 17:55 Saša	ORLANDO CROSS 17:00 - 17:55 Dalia	PILATES 17:00 - 17:55 Saša	
DO YOU DARE 18:00 - 18:55 Dalia	LESMILLS BODY ATTACK 18:00 - 18:55 Ines i Ana	DO YOU DARE 18:00 - 18:55 Dalia	LESMILLS BODY ATTACK 18:00 - 18:55 Ines i Ana	DO YOU DARE 18:00 - 18:55 Dalia	
BOXING 19:00 - 19:55 Josip B.	LESMILLS BODY PUMP 19:00 - 19:55 Ines i Ana	BOXING 19:00 - 19:55 Josip B.	LESMILLS BODY PUMP 19:00 - 19:55 Ines i Ana	BOXING 19:00 - 19:55 Josip B.	
FATAWAY AEROBICS 20:00 - 20:55 Ivona F.		FATAWAY AEROBICS 20:00 - 20:55 Ivona F.			
	PILATES 20:30 - 21:25 Mia		PILATES 20:30 - 21:25 Mia		

Green Gold Gym – Gym Floor

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
HIIT 25´ 17:00 OFG Team	HIIT 25´ 17:00 OFG Team	HIIT 25´ 17:00 OFG Team	HIIT 25´ 17:00 OFG Team	HIIT 25´ 17:00 OFG Team	
HIIT 25´ 19:00 OFG Team	HIIT 25´ 19:00 OFG Team	HIIT 25´ 19:00 OFG Team	HIIT 25´ 19:00 OFG Team	HIIT 25´ 19:00 OFG Team	

Green Gold Gym – Cycling Studio

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
VIRTUAL CYCLING every 50 minutes Virtual	VIRTUAL CYCLING every 50 minutes Virtual	VIRTUAL CYCLING every 50 minutes Virtual	VIRTUAL CYCLING every 50 minutes Virtual	VIRTUAL CYCLING every 50 minutes Virtual	VIRTUAL CYCLING every 50 minutes Virtual
Gym and fun kids. 17:30 - 18:15 OFG team		Gym and fun kids 17:30 - 18:15 OFG team			
	INDOOR CYCLING 19:00 - 19:55 Mia		INDOOR CYCLING 19:00 - 19:55 Mia		