

RASPORED GRUPNIH PROGRAMA

od 17.09.2018. @ Green Gold Gym

DVORANA 1

VRJEME	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
7:00	FAT BURN CONDITIONING IVONA Č.	OrlandoFit Flow Pilates IVONA Č.	FAT BURN CONDITIONING IVONA Č.	OrlandoFit Flow Pilates IVONA Č.	FAT BURN CONDITIONING IVONA Č.	
9:30						Orlando CROSS DALIA
16:10	TRX WARRIOR DALIA		TRX WARRIOR DALIA		TRX WARRIOR DALIA	
17:00	PILATES SAŠA	Orlando CROSS DALIA	PILATES SAŠA	Orlando CROSS DALIA	PILATES SAŠA	
18:00	do Udare? DALIA	LES MILLS BODYATTACK™ INES	do Udare? DALIA	LES MILLS BODYATTACK™ INES	do Udare? DALIA	
19:00	BOXING FITNESS JOSIP		BOXING FITNESS JOSIP		BOXING FITNESS JOSIP	
19:30		PILATES MIA		PILATES MIA		
20:00	FATAWAY AEROBICS IVONA F.		FATAWAY AEROBICS IVONA F.			

CYCLING STUDIO

VRJEME	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
every 50 minutes	Virtual cycling	Virtual cycling	Virtual cycling	Virtual cycling	Virtual cycling	Virtual cycling

Rezervacije za grupne programe su obavezne. Rezervacije i otkazi termina mogući su direktno na recepciji, telefonom ili mailom.

01 / 6465 200 recepcija@orlandofit.hr www.orlandofit.hr

GYM FLOOR

VRJEME	PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
17:00 & 19:00	HIIT HIGH INTENSITY INTERVAL TRAINING OFG TEAM	HIIT HIGH INTENSITY INTERVAL TRAINING OFG TEAM	HIIT HIGH INTENSITY INTERVAL TRAINING OFG TEAM	HIIT HIGH INTENSITY INTERVAL TRAINING OFG TEAM	HIIT HIGH INTENSITY INTERVAL TRAINING OFG TEAM	

