

orlando^{Fit}

FITNESS KAPTOL

SIVE grupe – STARTUP grupe
 probni period – grupa će se formirati u slučaju popunjenost od
 najmanje 50% kapaciteta

Fitness Kaptol – Dvorana 1 / Hall 1

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
TOTAL BODY 09:00 - 09:55	MORNING WORKOUT 09:00 - 09:55	TOTAL BODY 09:00 - 09:55	MORNING WORKOUT 09:00 - 09:55	TOTAL BODY 09:00 - 09:55	Fitness Yoga – Dea Draženka Jović 09:00 - 09:55
MORNING PILATES 10:00 - 10:55		MORNING PILATES 10:00 - 10:55		MORNING PILATES 10:00 - 10:55	
	SENIOR FIT 11:00 - 11:55		SENIOR FIT 11:00 - 11:55		
PILATES POWER 17:00 - 17:55		PILATES POWER 17:00 - 17:55		PILATES POWER 17:00 - 17:55	
CARDIO & CORE 18:00 - 18:55 Ivona F.	DO YOU DARE 18:00 - 18:55	CARDIO & CORE 18:00 - 18:55 Ivona F.	DO YOU DARE 18:00 - 18:55		
OrlandoFit Pump 19:00 - 19:40	INDOOR CYCLING 19:00 - 19:55	OrlandoFit Pump 19:00 - 19:40	INDOOR CYCLING 19:00 - 19:55	OrlandoFit Pump 19:00 - 19:40	
FAT BURN CONDITIONING 20:00 - 20:55	PURE PILATES 20:00 - 20:55	FAT BURN CONDITIONING 20:00 - 20:55	PURE PILATES 20:00 - 20:55		
ZUMBA FITNESS 21:00 - 21:55			ZUMBA FITNESS 21:00 - 21:55		

Fitness Kaptol – Dvorana 2 / Hall 2

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
	FUNCTIONAL CIRCUIT 09:00 - 09:55		FUNCTIONAL CIRCUIT 09:00 - 09:55		
TRX 18:15 - 19:10		TRX 18:15 - 19:10		TRX 18:15 - 19:10	
TRX 19:15 - 20:10	DO YOU DARE 19:15 - 20:10		DO YOU DARE 19:15 - 20:10	BOXING FITNESS 19:15 - 20:10	
BOXING 20:15 - 21:10	CROSS COMBAT 20:15 - 21:10	BOXING 20:15 - 21:10	CROSS COMBAT 20:15 - 21:10		

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GREEN GOLD GYM

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 najmanje 50% kapaciteta

Green Gold Gym – Dvorana 1 / Hall 1

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
FAT BURN CONDITIONING 06:30 - 07:25		FAT BURN CONDITIONING 06:30 - 07:25		FAT BURN CONDITIONING 06:30 - 07:25	
FAT BURN CONDITIONING 07:30 - 08:25	OrlandoFit FLOW 07:00 - 07:55	FAT BURN CONDITIONING 07:30 - 08:25	OrlandoFit FLOW 07:00 - 07:55	FAT BURN CONDITIONING 07:30 - 08:25	
					ORLANDO CROSS 09:30 - 10:25
Gym and fun kids (DV Čigra) 15:00 - 15:55		Gym and fun kids (DV Čigra) 15:00 - 15:55		Gym and fun kids (DV Čigra) 15:00 - 15:55	
TRX WARRIOR 16:00 - 16:45	YOGILATES 16:10 - 16:55	TRX WARRIOR 16:00 - 16:45	YOGILATES 16:10 - 16:55	TRX WARRIOR 16:00 - 16:45	
PILATES 17:00 - 17:55	ORLANDO CROSS 17:00 - 17:55	PILATES 17:00 - 17:55	ORLANDO CROSS 17:00 - 17:55	PILATES 17:00 - 17:55	
DO YOU DARE 18:00 - 18:55	OrlandoFit Intense 18:00 - 18:45	DO YOU DARE 18:00 - 18:55	OrlandoFit Intense 18:00 - 18:45	DO YOU DARE 18:00 - 18:55	
BOXING 19:00 - 19:55	OrlandoFit Pump 18:45 - 19:30	BOXING 19:00 - 19:55	OrlandoFit Pump 18:45 - 19:30	BOXING 19:00 - 19:55	
	PILATES 19:30 - 20:25		PILATES 19:30 - 20:25		
FATAWAY AEROBICS 20:00 - 20:55		FATAWAY AEROBICS 20:00 - 20:55			
FLOW STRECH 21:00 - 21:55	AERIAL HOOP 20:45 - 21:45	FLOW STRECH 21:00 - 21:55	AERIAL HOOP 20:45 - 21:45		

Green Gold Gym – Gym Floor

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
HIIT 25´ 17:00	HIIT 25´ 17:00	HIIT 25´ 17:00	HIIT 25´ 17:00	HIIT 25´ 17:00	HIGH HEEL JAZZ DANCE 17:00 - 18:15 
HIIT 25´ 18:00	HIIT 25´ 18:00	HIIT 25´ 18:00	HIIT 25´ 18:00	HIIT 25´ 18:00	

Uredi

Green Gold Gym – Mala dvorana

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK	SUBOTA
	Basic Pilates 17:30			Basic Pilates 17:30	

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FITNESS BRANIMIR

Fitness Branimir

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ŽUTE grupe – NEAKTIVNE grupe

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK
PILATES Mihaela 06:30-07:20	WAKE UP Mihaela 06:30-07:20	PILATES Mihaela 06:30-07:20	WAKE UP Mihaela 06:30-07:20	PILATES Mihaela 06:30-07:20
Absolute power Mihaela 07:20-08:10	POWER PILATES Saša 07:20-08:10	Absolute power Mihaela 07:20-08:10	POWER PILATES Saša 07:20-08:10	Absolute power Mihaela 07:20-08:10
	DO YOU DARE Dalia 08:10-09:00		DO YOU DARE Dalia 08:10-09:00	
GLUTEUS & CORE Mihaela 16:00-16:50	BODY FLOW Ivona F. 16:00-16:50	GLUTEUS & CORE Mihaela 16:00-16:50	BODY FLOW Ivona F. 16:00-16:50	AERO SHAPE UP Mihaela 16:00-16:50
FAT BURNING Ivona Č. 16:50-17:40	BODYWEIGHT HIIT WORKOUT Marin 16:50-17:40	ZUMBA Ivona Č. 16:50-17:40	BODYWEIGHT HIIT WORKOUT Marin 16:50-17:40	PILATES Mihaela 16:50-17:40
BOXING Josip 17:40-18:30	CARDIO & CORE Mihaela 17:40-18:30	PILATES Mihaela 17:40-18:30	CARDIO & CORE Mihaela 17:40-18:30	BOXING Josip 17:40-18:30
PILATES Saša 18:30-19:20	TRX & CROSS Dalia 18:30-19:20	BOXING Josip 18:30-19:20	TRX & CROSS Dalia 18:30-19:20	X MOVEMENT Lea 18:30-19:20
ORLANDOfit PUMP Ana P. 19:20-20:10	URBAN ACTIVE Orlando/Dalia 19:20-20:10	ORLANDOfit PUMP Ana P. 19:20-20:10	URBAN ACTIVE Orlando/Dalia 19:20-20:10	ORLANDO PUMP Ana/Miha 19:20-20:10
POLE DANCE (početna) A & Z 20:10-21:10	AERIAL SILK HAMMOCK A & Z 20:10-21:10	POLE DANCE - početna A & Z 20:10-21:10	AERIAL SILK HAMMOCK A & Z 20:10-21:10	FLOW STRECH A & Z 20:10-21:10
POLE DANCE (napredna) A & Z 21:10-22:10	AERIAL HOOP A & Z 21:10-22:10	POLE DANCE - napredna A & Z 21:10-22:10	AERIAL HOOP A & Z 21:10-22:10	