




FITNESS CLASS SCHEDULE

	8:45am	9:30am	10:30am	12:00pm	4:30pm	5:15pm
MONDAY	9:00am YOGA Mixed Level (75-minute) with Vanessa					
TUESDAY	LEGS, BUMS & ABS (45-minute) with Agnes		 ZUMBA fitness		PILATES (45-minute) with Agnes	
WEDNESDAY	INTERVAL TRAINING Advanced Level (45-minute) with Agnes	BODY & SOUL (45-minute) with Agnes	 ZUMBA fitness	12:00pm YOGA Vinyasa Flow (60-minute) with Vanessa		
THURSDAY			 ZUMBA fitness			INTERVAL TRAINING (45-minute) with Agnes
FRIDAY		FIT 4 LIFE (45-minute) With Agnes	YOGA Mixed Level (75-minute) with Vanessa			
SATURDAY	9:00am INTERVAL TRAINING Advanced Level (45-minute) with Agnes	10:00am PILATES (45-minute) with Agnes				

CLASS DESCRIPTIONS:

Body & Soul: Combination of Yoga poses, stretching and core exercises to relaxing music, improving blood circulation, clearing the mind, strengthens and stretches the body (minimum of 3 people).

Fit 4 Life: Designed for everyone INCLUDING adults aged 60+ who want to improve level of fitness, balance, activity tolerance, and functional capacity! Improve and maintain your health (minimum of 3 people).

Interval Training: Full body workout, using different equipment or bodyweight, applying intervals. It boosts your metabolism, strengthens and defines the muscles and improves endurance (minimum of 3 people). Advanced fitness level only!

Legs, Bums & Abs: Exercises for legs, bums and abs, using your own bodyweight, free weights, and other equipments, shaping and toning the muscles (minimum of 3 people).

Pilates: This class will help participants develop leaner, longer-looking muscles, establish core strength and stability and heighten mind-body awareness (minimum of 3 people).

Yoga: Improves energy, suppleness and strength. Stretch and tone all the muscles in your body (minimum of 4 people).

Zumba: Fun and effective, workout without feeling it; it combines Latin and international music with a fun and effective workout system. Anyone can join the party (minimum of 4 people)!

45-minute Class: €7.00
Yoga 75-minute Class: €15.00

