Health Academy at Upground

SAPTAMANA 21 / 20.05.2013 - 26.05.2013

GROUP FITNESS

Hour	Luni	Mar	Miercuri	Joi	Vineri	Sâmb	Duminic
07:00	Step & Tone Gabriel Ghita 60 min, Aerobic room	Body Combat Costin Bucura 60 min, Aerobic room	BootyExpress Anca Bucur 30 min, Aerobic room	Kick Box Costin Bucura 60 min, Aerobic room	Pilates Marga Balan 60 min, Aerobic room		
07:30			X-Fit Express Anca Bucur 30 min, Aerobic room				
08:00	TRX Viorel Udrea 60 min, Small Aerobic Room	Bosu Costin Bucura 60 min, Aerobic room	CXWORX Anca Bucur 30 min, Aerobic room	Strength Cardio Costin Bucura 60 min, Aerobic room	Metabolic Sara Bucurescu 60 min, Aerobic room		
10:00						Kangoo Jump Gabriel Ghita 60 min, Aerobic room	Pilates Ovidiu Atanasiu 60 min, Aerobic room
11:00						Dance Gabriel Ghita 60 min, Aerobic room	Step Ovidiu Atanasiu 60 min, Aerobic room
12:00	PortDeBras Ana Maria Cristina Cordea 60 min, Aerobic room	Pilates Ioana Hudita 60 min, Aerobic room	Pilates Isabela Cirstea 60 min, Aerobic room	BodyPump Anca Bucur 60 min, Aerobic room	BodyCombat Cristina Constantinescu 60 min, Aerobic room		
13:00						GRIT Strength Cosmin Chirita 30 min, Aerobic room	Bag Boxing Alexandra Anastasiu 60 min, Aerobic room
13:30						GRIT Plyo Cosmin Chirita 30 min, Aerobic room	
17:30					Kangoo Jump Gabriel Ghita 60 min, Aerobic room		MBW Serious Training Viorel Udrea 60 min, Aerobic room
18:00	Body Combat Andreea Zaragiu 60 min, Aerobic room	CXWORX Stefan Cusursuz 30 min, Aerobic roomAqua Alexandra Anastasiu 60 min, Pool	BodyPump Cristina Constantinescu 60 min, Aerobic room	CXWORX Isabela Cirstea 30 min, Aerobic roomAqua Alexandra Anastasiu 60 min, Pool			
18:35		Metabolic Stefan Cusursuz 45 min, Aerobic room		Bosu Isabela Cirstea 60 min, Aerobic room	BodyPump Martina Bravena 60 min, Aerobic room		
19:00	Pilates Papi Anya 60 min, Small Aerobic Room	Pilates Sara Bucurescu 60 min, Small Aerobic Room	Pilates Papi Anya 60 min, Small Aerobic Room	Pilates Papi Anya 60 min, Small Aerobic Room	TRX Viorel Udrea 60 min, Small Aerobic Room		
19:05	GRIT Strength Stelian Constantin 30 min, Aerobic room		Yoga Ana Maria Cristina Cordea 60 min, Aerobic room				

19:35	GRIT Plyo Stelian Constantin 30 min, Aerobic room	Zumba Adriela Morar 60 min, Aerobic room		Bag Boxing Alexandra Anastasiu 60 min, Aerobic room	CXWORX Martina Bravena 30 min, Aerobic room		
20:00			TRX Viorel Udrea 60 min, Small Aerobic Room	Dance Gabriel Ghita 60 min, Small Aerobic Room			
20:10	Yoga Ana Maria Cristina Cordea 60 min, Aerobic room		PortDeBras Ana Maria Cristina Cordea 60 min, Aerobic room				
20:40		Bag Boxing Andreea Zaragiu 60 min, Aerobic room		GRIT Strength Alexandra Anastasiu 30 min, Aerobic room			
21:10			Kangoo Jump Gabriel Ghita 60 min, Aerobic room	GRIT Plyo Alexandra Anastasiu 30 min, Aerobic room			

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CYCLING

Hour	Luni	Mar	Miercuri	Joi	Vineri	Sâmb	Duminic
07:00	Fat Burn/Lee Stefan Ivcovici 60 min, Cycling room		Fat Burn/Lee Alexandra Anastasiu 60 min, Cycling room				
11:00						Hill Madalin Alexandru Muresanu 60 min, Cycling room	High End Endurance/HEE Stefan Ivcovici 60 min, Cycling room
12:00	Fartlek Anca Bucur 60 min, Cycling room		Fartlek RUXANDRA-IOANA HAJOS 60 min, Cycling room		Extensive Interval/EI RUXANDRA-IOANA HAJOS 60 min, Cycling room	Fat Burn/Lee Viorel Udrea 60 min, Cycling room	
18:30	Extensive Interval/EI Ciprian Toma 60 min, Cycling room	Hill Anca Bucur 60 min, Cycling room	High End Endurance/HEE Martina Bravena 60 min, Cycling room	Extensive Interval/EI Stefan Cusursuz 60 min, Cycling room	High End Endurance/HEE Sergiu Aldea 60 min, Cycling room		
19:30	Hill Madalin Alexandru Muresanu 60 min, Cycling room	Fat Burn/Lee Alexandra Anastasiu 60 min, Cycling room	Hill Stefan Ivcovici 60 min, Cycling room	Hill Sergiu Aldea 60 min, Cycling room			