

Raspored treninga }

CENTAR ZRAK | Turnić | Cavtatska 2b

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK
06:15-07:15 Powerbuilding		06:15-07:15 Powerbuilding		
08:30-09:30 GFM+kettlebell	08:30-09:30 Move&shine	08:30-09:30 GFM+kettlebell	08:30-09:30 Move&shine	08:30-09:30 GFM+kettlebell
08:30-09:30 Move&shine		08:30-09:30 Move&shine		08:30-09:30 Move&shine
09:30-10:15 Body tehnika B	09:30-10:30 Move&shine MINI	09:30-10:15 Body tehnika B	09:30-10:30 Move&shine MINI	09:30-10:15 Move&shine
	10:30-11:30 Move&shine MINI		10:30-11:30 Move&shine MINI	
14:30-15:30 Move&shine MINI		14:30-15:30 Move&shine MINI		
17:30-19:00 Powerbuilding MINI	17:30-18:30 Move&shine MINI	17:30-19:00 Powerbuilding MINI		17:30-18:30 Powerbuilding MINI
18:30-19:30 GFM+kettlebell		18:30-19:30 GFM+kettlebell		18:30-19:30 GFM+kettlebell
19:30-20:30 GFM+kettlebell	19:00-19:45 Body tehnika C	19:30-20:30 GFM+kettlebell	19:00-19:45 Body tehnika C	19:30-20:30 GFM+kettlebell
20:30-21:30 GFM+kettlebell	20:00-20:45 Body tehnika B	20:30-21:30 GFM+kettlebell	20:00-20:45 Body tehnika B	20:30-21:30 GFM+kettlebell

CENTAR VODA | Centar | Nikole Tesle 4a

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK
	16:30-17:30 GFM+kettlebell		16:30-17:30 GFM+kettlebell	
17:45-18:45 GFM+kettlebell	17:45-18:45 GFM+kettlebell	17:45-18:45 GFM+kettlebell	17:45-18:45 GFM+kettlebell	17:00-18:30 GFM+kettlebell
18:50-19:50 GFM+kettlebell	19:10-19:55 Body tehnika B	18:50-19:50 GFM+kettlebell	19:10-19:55 Body tehnika B	
20:00-21:00 Move&shine		20:00-21:00 Move&shine		
21:00-21:45 Body tehnika B		21:00-21:45 Body tehnika B		