

Raspored treninga }

CENTAR ZRAK | Turnić | Cavtatska 2b

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK
06:30 Powerbuilding MINI		06:30 Powerbuilding MINI		
07:30 Powerbuilding MINI	07:30 Move&shine MINI	07:30 Powerbuilding MINI	07:30 Move&Shine MINI	07:30 Powerbuilding MINI
08:30 Move&Shine	08:30 Move&Shine	08:30 Move&Shine	08:30 Move&Shine	08:30 Move&Shine
09:30 Strong&Sexy	09:30 Strong&Sexy MINI	09:30 Strong&Sexy	09:30 Strong&Sexy MINI	09:30 Strong&Sexy MINI Strong&Sexy
	10:30 DNS MINI		10:30 DNS MINI	
14:30 Move&Shine MINI		14:30 Move&Shine MINI		14:30 Move&Shine MINI
16:00 Strong&Sexy MINI		16:00 Strong&Sexy MINI		
16:30 Powerbuilding MINI		16:30 Powerbuilding MINI		16:30 Powerbuilding MINI
17:00 Strong&Sexy MINI	17:00 PainFree MINI	17:00 Strong&Sexy MINI	17:00 PainFree MINI	17:00 Strong&Sexy MINI
17:30 Powerbuilding MINI		17:30 Powerbuilding MINI		17:30 Powerbuilding MINI
18:00 Strong&Sexy MINI	18:00 PainFree MINI Strong&Sexy MINI	18:00 Strong&Sexy MINI	18:00 PainFree MINI	18:00 Strong&Sexy MINI
19:00 Kettlebell	19:00 Body tehnika	19:00 Kettlebell	19:00 Body tehnika	19:00 Kettlebell
20:00 Kettlebell	20:00 Move&Shine	20:00 Kettlebell	20:00 Move&Shine	20:00 Kettlebell
21:00 Kettlebell	21:00 PainFree MINI	21:00 Kettlebell	21:00 PainFree MINI	

Raspored treninga }

CENTAR VODA | Centar | Nikole Tesle 4a

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK
16:30 GFM + Kettlebell		16:30 GFM + Kettlebell		
17:45 GFM + Kettlebell		17:45 GFM + Kettlebell		17:45 GFM + Kettlebell
19:00 GFM + Kettlebell	19:00 Move&Shine	19:00 GFM + Kettlebell	19:00 Move&Shine	
20:00 Body tehnika	20:00 Move&Shine	20:00 Body tehnika	20:00 Move&Shine	
21:00 Body tehnika		21:00 Body tehnika		

CENTAR VATRA | Viškovo | Viškovo 125 a

PONEDJELJAK	UTORAK	SRIJEDA	ČETVRTAK	PETAK
08:30 Move&Shine		08:30 Move&Shine		
17:00 Move&Shine		17:00 Move&Shine		
18:00 Powerbuilding	18:00 Move&Shine	18:00 Powerbuilding	18:00 Move&Shine	18:00 Powerbuilding
19:00 Powerbuilding	19:00 Move&Shine	19:00 Powerbuilding	19:00 Move&Shine	19:00 Move&Shine
20:00 Powerbuilding		20:00 Powerbuilding		