TJEDNI RASPORED PROGRAMA

	PONEDJELJAK		UTORAK			SRIJEDA		ČETVRTAK			PETAK	
8:00	TRX	MARIŠKE	BASIC FIT			TRX	MARIŠKE	BASIC FIT			TRX	MARIŠKE
9:00	HIDROGIMNASTIKA					HIDROGIMNASTIKA					HIDROGIMNASTIKA	
10:00												
11:00	TRX	KOREKTIVNA GIMNASTIKA	CROSS MIX			TRX	KOREKTIVNA GIMNASTIKA	CROSS MIX			TRX	KOREKTIVNA GIMNASTIKA
12:00												
13:00												
14:00												
15:15	TRX		FIZIO PROCJENA		CROSS MIX	TRX		FIZIO PROCJENA		CROSS MIX	TRX	
16:00			LOKOMOCIJA					LOKOMOCIJA				
17:00	TRX	BASIC FIT	CROSS MIX	FAT BURN	DEKOMPRESIJA	TRX	BASIC FIT	CROSS MIX	FAT BURN	DEKOMPRESIJA	TRX	BASIC FIT
18:15	TRX	BASIC FIT	RETRO AEROBIC	CROSS MIX	HEALTHY SPINE	TRX	BASIC FIT	RETRO AEROBIC	CROSS MIX	HEALTHY SPINE	TRX	BASIC FIT
19:00	BOOTY & THE BEAST	CARDIO TABATA	PILATES	CROSS MIX		BOOTY & THE BEAST	FAT BURN	PILATES	CROSS MIX		BOOTY & THE BEAST	CARDIO TABATA
20:00	SURPRISE		FAT BURN			BASIC FIT		FAT BURN			SURPRISE	
21:00												