

MARRIOTT
FITNESS
 C E N T E R

Start	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	7:15-8:15 Functional Flow Fatime		7:15-8:15 CycleMix Fatime				
8:00					7:30-8:30 Sunrise Yoga Zsanett		
9:00			8:45-9:45 Yoga & Streching Zsanett				
10:00			10:00-11:00 Posture-Improving Yoga Zsanett				
11:00							
16:00					16:00-17:00 Functional Yoga Zsanett		
17:00		17:00-18:00 Bosu-step Luca		17:00-18:00 Bosu-step Luca			
18:00	18:00-19:00 HIIT Cardio & Core Attila	18:00-19:00 Salsatone Migue	18:00-19:30 Flow 90' Eszter	18:00-19:00 Fit&Hit Migue	18:00-19:00 Pump Attila		18:00-19:30 Hatha Yoga Roberta
19:00	19:00-20:00 Booty-X Mónika	19:00-20:00 Attack Attila		19:00-20:00 HIIT Strenght & Core Attila	19:00-20:00 Booty-X Mónika		
20:00							

Az órarendváltás jogát fenntartjuk. / Schedule is subject to change.