

# Urnik - sezona 2017/18

## VELIKA TELOVADNICA

| Ura / Dan     | pon        | tor       | sre        | čet       | pet      | sob      | ned       |
|---------------|------------|-----------|------------|-----------|----------|----------|-----------|
| 07:00 – 08:00 | WAKE UP    |           | WAKE UP    |           | WAKE UP  |          |           |
| 10:30 – 12:00 |            |           |            |           |          | Spinning |           |
| 15:30 – 16:00 |            |           |            | Pilates   |          |          |           |
| 16:00 – 16:30 | HIIT Fit   |           |            |           |          |          |           |
| 16:30 – 17:00 |            | BOOTCamp  | HIIT Fit   |           |          |          |           |
| 17:00 – 17:30 |            |           |            |           |          |          |           |
| 17:30 – 18:00 |            | Nirvana   |            | Nirvana   |          |          | BOOTCamp  |
| 18:00 – 18:30 | HIIT Fit   |           | HIIT Fit   |           |          |          |           |
| 18:30 – 19:00 | Preventiva | HARD Pump | Preventiva | HARD Pump | HIIT Fit |          | HARD Pump |
| 19:00 – 19:30 |            |           |            |           |          |          |           |
| 19:30 – 20:30 | ZUMBA      | TNZ       | ZUMBA      | TNZ       |          |          | TNZ       |

## MALA TELOVADNICA

|               |          |          |          |          |  |  |          |
|---------------|----------|----------|----------|----------|--|--|----------|
| 18:00 – 18:30 |          |          |          |          |  |  | Spinning |
| 18:30 – 19:00 | Spinning | Spinning | Spinning | Spinning |  |  |          |
| 19:00 – 19:30 |          |          |          |          |  |  |          |
| 19:45 – 20:45 |          | Spinning | Spinning | Spinning |  |  |          |

**Opombe:** Vodena vadba odpade, če niso prisotni vsaj 4 člani.

Rezervacije obvezne za vse vadbe na: <http://cube.ipoint.si/>