

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00							Ashtanga Yoga
11:00						Transform180°	
15:00		HIIT		HIIT			
18:00	Flexible Body		Flexible Body		Flexible Body		
18:30							
19:00		Transform180°	Pilates	Transform180°			

Prices	HIIT	Ashtanga	Pilates	Flexible Body	Transform 180°		
	10.00 BGN	10.00 BGN	10.00 BGN	12.00 BGN	12.00 BGN		

A pre-booking is required: +359 52 812 812

Flexible body – stretching exercises

Transform 180° - exercises for twine and flexibility