

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00		Tabata		Total Body Workout	Tabata		
11:00						Transform 180 <sup>0</sup>	
15:00		HIIT		HIIT			
18:00	Flexible Body (stretching)		Flexible Body (stretching)		Flexible Body (stretching)		
18:30							Ashtanga yoga
19:00	Pilates	Transform 180 <sup>0</sup>	Ashtanga yoga	Transform 180 <sup>0</sup>	Pilates		
19:30							Total Body Workout
<b>Prices</b>	Pilates	Ashtanga yoga	HIIT	Transform 180 <sup>0</sup>	Flexible body	Tabata	TBW
	10.00 BGN	10.00 BGN	10.00 BGN	12.00 BGN	12.00 BGN	10.00 BGN	10.00 BGN

**It is necessary to make a reservation: +359 52 812 812.**

The trainings will be held outdoors or indoors in accordance with all instructions for disinfection and social distancing.