

# Group workouts schedule:



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

Prices	HIIT	Ashtanga	Pilates	Flexible Body			
	10.00 BGN	10.00 BGN	10.00 BGN	12.00 BGN			

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

## Individual workouts with advance booking:

- 1. Flexible body** – stretching exercises. Duration: 60 min. Price: 30.00 BGN.
- 2. Transform 180°** - exercises for twine and flexibility. Duration: 60 min. Price: 30.00 BGN.