

Real Ryder ** 55 min	Real Ryder - a dynamic Cycle - a simulator, which simulates cycling, guaranteed to provide a complete physical activity that simultaneously fascinating and fun.
Metabolic 55 min	circular functional training for all muscle groups.
HOT IRON ** 55 мин	Power training of the main muscular groups with the use of a special folding bar.
Sculpt ** 55 min	Power training of all muscular groups with the use of various equipment.
Lower body ** 55 min	Training of muscles of feet, buttocks and abdominal tension.
Functional ** 55 min	The program is directed on study of all groups of muscles, including deep. Develops coordination, dexterity, flexibility, and also muscular endurance.
TRX-functional** 55 min	Comprehensive strength training, using loops TRX, designed to increase strength, endurance, coordination and balance.
TRX ** 45 min	Using the power of attraction and its own weight and for the development of strength, endurance, balance, coordination, and stability of joints, muscle strengthening exercises korseta. Pri no axial (vertical) load on the spine!
INTERVAL** 55 min	This fitness training with alternating periods of high and low intensity and types of physical activity (a mix of aerobic and strength exercises classical)
BOSU ** 55 min	Functional training on an unstable platform. Develops strength, endurance, coordination, agility.
ABS+Flex ** 55 min	Abdominal exercise combined with exercises to develop flexibility.
<i>Dancing programs</i>	
Body Ballet ** 55 min	Body Ballet is a modern fitness trend, one of the varieties of dance aerobics with elements of classical ballet
TANGO 55 min	Latin American partner dance with an energetic and clear rhythm.
Latina ** 55 min	The class is based on choreography of the Latin American dances. In the program are included : club Latina (salsa, meringue, bachata)
ZUMBA 55 min	Dance fitness program on the basis of the latin American rythms. Zumba style dancing class implies fitness-party, where hot latino rythms combined with simple instruction followed by the trainer.
Social Latina** 55 min	Club latina – probably the sexiest of the currently existing single styles! Actual energetic, it carries the juices of the Latin American program. Club Latin, as the version of the Latin American program of ballroom dancing consists of movements of the dances are Samba, Rumba, cha-Cha-cha, Paso Doble, Jive, Mambo, Salsa and even R&B.
<i>BODY& MIND</i>	
Pilates ** 55 min	The system of the exercises, allowing to strengthen a muscular corset at the minimum load of a backbone to improve a bearing, to develop flexibility of joints, elasticity of sheaves, and also intermuscular coordination.
Callanetics** 55 min	Callanetics is a complex of 29 static exercises, based on yoga asanas. During the execution of these exercises use all muscles at the same time and in the regular classroom is the acceleration of metabolism, so callanetics classes — effective and rapid method of correction. In addition, this set of exercises can help in the fight against osteochondrosis, pain in the cervical and lumbar spine.
Airyoga**/ Airpilates 55 min	Yoga and Pilates in the air frees the body from stress, relieves discomfort in the back, neck and lower back, stretches the muscles and tendons, increases joint mobility, brings a sense of joy and good muscle work.
CHIGUN+Hatha Yoga** 90 min	The lesson combines two practices. Qigong for 30 minutes, Hatha Yoga 55 min Yang Qigong "accumulation" qigong is a series of six simple exercises that contribute to the accumulation and balanced distribution of energy necessary for the operation of all systems of the human body. Is a powerful tool for strengthening the immune system, to restore and maintain health. Helps feel better in stressful situations
Hatha Yoga ** 90 min	Style of trainings: statics and dynamics combination. Smooth transition from asan to asan with phases of fixing and study of separate poses (body detuning, work with attention, breath) .
Yoga Aiengara ** 90 min	The method assumes performance of asan (poses) and pranayamy (breath control). A certain sequence of performance of asan creates a complex of impact on all organism, allowing to create the counterbalanced condition of mind.
Flex/Stretch ** 50 min	Flex (or Stretching) is the class includes exercises on extension of muscles, development of flexibility, elasticity of sheaves and mobility of joints.
Body Gym** 55 min	Body Gym - gym for body and spirit. Gymnastics tasks to reveal the possibilities of the human body, and to gain a positive self-image. Exercises liberate us from stress, which over the years accumulated in the bones, tendons, muscles, internal organs and binds the whole body.
Healthy back 55 min	A program that gives your body strenght and flexibility, corrects your posture, improves well-being and tones in geneval.
<i>Combat sport</i>	
MMA** 55 min	MMA (Mixed Martial Arts)
Box ** 55 min	The class of classical boxing. Technique of blows of hands in combination with overall physical condition, elements of conducting a fight in pairs-sparrings.
Taekwondo ** 55 min	Korean merial art. Its spechal feature - an active leg use in a fight.

The level of training:

** - for any level

* - for beginners

*** - advanced.

 Changing the format or instructor