

10 - 16 of June

TIMETABLE OF GROUP PROGRAMS

Time	Gym	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Gym	Saturday	Sunday
9:00	Gym № 1			Interval <i>Natalya</i>		BOSU <i>Amir</i>				
	Gym № 2									
10:00	Gym № 1	HOT IRON™ <i>Valeriy</i>	Pilates <i>Tatiana O.</i>	Abs-flex <i>Natalya</i>						
	Gym № 2									
11:00	Gym № 1	Iyengar Yoga <i>Elena 90 min</i>	Stretch <i>Valeriy</i>		Stretch <i>Olga</i>	Latina \$ <i>Olga</i>				
	Gym № 2									
12:00	Gym № 1		PortDeBras® \$ <i>Olga</i>		Belly dance <i>Olga</i>	Pilates <i>Anton</i>				
13:00	Gym №1	Pilates <i>Anton</i>		Lower body <i>Valeriy</i>	HOT IRON™ <i>Valeriy</i>	Yoga <i>Ivan 90 min</i>				
13:00	Gym № 2		TRX \$ <i>Anton</i>							
13:30	Gym № 1									
14:00	Gym № 1			Yoga <i>Ivan 90 min</i>						
15:00	Gym № 1	ATTENTION! Commercial trainings are held by appointment. Minimum number of people in class- 3. Your can make an appointment by dialing 8(495)637-40-76								
18:30	Gym № 1	Pilates <i>Anton</i>	Functional <i>Amir</i>	Total body <i>Kate</i>	Pilates <i>Anton</i>	Functional <i>Kate</i>				
	Gym № 2	TRX STRONG***\$ <i>Valeriy</i>								
19:00	Gym № 2									
19:30	Gym № 1	Belly dance <i>Olga</i>	Hatha Yoga <i>Ivan 90 мин</i>	Wellness stretch \$ <i>Olga 90 мин</i>	Hatha Yoga <i>Elena V 90 min</i>	Stretch <i>Kate</i>				
	Gym № 2		Real Ryder \$ <i>Amir</i>		TRX \$ <i>Valeriy</i>	PortDeBras® \$ <i>Olga</i>				
20:00	Gym № 1									
20:30	Gym № 1	PortDeBras® \$ <i>Olga</i>								
21:00	Gym № 1									

11:00	Gym № 1	Iyengar Yoga <i>Elena 90 min</i>	
12:00	Gym № 1		Latina <i>Maya</i>
	Gym № 2	TRX \$ <i>Valeriy</i>	
13:00	Gym № 1	Interval <i>Valeriy</i>	Wellness stretch \$ <i>Olga</i>
	Gym № 1		
15:00	Gym № 2		

Have a nice summer!



We are always happy to see you at our group classes. Come and make yourself fit, healthier and more attractive

Fitness-manager Nesmeev Dmitry, d_nesmeev@loder.ru

The description of group classes

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.		
HOT IRON ** 55 мин	Power training of the main muscular groups with the use of a special folding bar.		
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 *** 55 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.		
Dancing programs			
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)		
BODY& MIND			
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.		
PortDeBrass™ ** 55 min	Unique exercise system that combines functional and dynamic traction with sets of hand and arm-related activity. The routine is restorative and rehabilitative and can also be used for buiding strength in back muscles.		
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 Iyengar ** 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.		
Wellness Stretch ** 50 min	Restorative stretching routine to enhance flexibility of body muscles and joints. Includes elements of osteopathic therapy and special feet training exercises.		
Stretching * 50 min	Flex (or Stretching) is the class includes exercises on extension of muscles, development of flexibility, elasticity of sheaves and mobility of joints.		
Healthy back * 55 min	A program that gives your body strenght and flexibility,corrects your posture,improves well-being and tones in geneval.		
Combat sport			
Boxing ** 55 min	The class of classical boxing. Tecnique of blows of hands in combination with overall physical condition, elements of conducting a fight in pairs-sparrings.		
The level of training:	** - for any level	\$	Commercial lesson
* - for beginners	*** - advanced.		Changing the format or instructor