



LAZURE

*Hotel & Marina
Montenegro*

FITNESS TIMETABLE

MONDAY

08:00-09:00 AQUA PILATES
14:00-15:00 AQUA PILATES
19:00-20:00 YOGA

WEDNESDAY

08:00-09:00 ACQUA PILATES
14:00-15:00 ACQUA PILATES
19:00-20:30 YOGA

FRIDAY

8:00-9:00 PILATES
19:00-20:30 YOGA

SUNDAY

10:00-11:00 DANCE WORKOUT
11:15-12:15 FULL BODY STRETCH

TUESDAY

18:00-19:00 TRX
19:00-20:00 TRX
20:00-21:00 TRX

THURSDAY

08:00-09:00 PILATES
18:00-19:00 TRX
19:00-20:00 TRX
20:00-21:00 TRX

SATURDAY

18:00-19:00 TRX
19:00-20:00 TRX
20:00-21:00 TRX

SUBSCRIPTIONS

YOGA - 40,00€ / MONTH

TRX - 30,00€ / MONTH

PILATES & AQUA PILATES - 40,00€ / MONTH

DANCE WO - 30,00€ / MONTH; 10,00€ / 1 CLASS

BODY STRETCH - 30,00€ / MONTH; 10,00€ / 1 CLASS

