



BRUMLOVKA CELEBRATES THE 12th ANNIVERSARY IN MOTION

March 30, 2019

Date: Saturday March 30, 2019, 8.45 - 18.00

Place: Balance Club Brumlovka

Price: Club members free, guests CZK 450
no booking required

**Day full of group lessons, accompanying program
and refreshment.**



March 30, 2019

hall 1

hall 2

cycling

10.00	SESTŘEL J. Konečná / T. Mocik
11.00	PUMP IT P. Kubla
12.00	CROSS WORKOUT A. Kocmanová / J. Jiskra
13.00	KICKBOX L. Maxiánová / T. Michálková
14.00	TRX ADVANCED D. Machala

8.45	VINYASA YOGA 75 MIN. T. Beránková / P. Rybníček
10.00	ZUMBA G. Posvádová / L. Adamcová P. Kubla
11.00	FYZIO CARE T. Michálková
12.00	PILATES K. Kordíková
13.00	BOSU CORE J. Kůstková
15.00	POWER YOGA A. Kopačková
16.00	LIGHT YOGA S. Nikoličová
17.00	ŘÍZENÁ RELAXACE S. Nikoličová

10.00	GROUP CYCLING J. Jelínek
11.00	GROUP CYCLING D. Machala
15.00	GROUP CYCLING A. Kratochvílová

aqua

10.00	HYDROBIKE L. Kasíková
11.00	AQUA FIT J. Kůstková / F. Strakoš