

TIMETABLE 22. 12. - 28. 12. 2014

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2
7:00	VINYASA YOGA Michal Mach	MORNING TRAINING Daniela Suková	VINYASA YOGA Andrea Kopačková											
7:30	●	●	●											
8:00	FUNKČNÍ TRÉNINK Jan Smidrkal		FUNKČNÍ TRÉNINK Jakub Vobořil											
8:30	●		●●●											
9:00	ABY ZÁDA ZDRAVÁ BYLA Sylvie Nikoličová		FLOWIN DANCE Martina Aušová						TOTAL BODY MAT T. Pavla Poláková			VINYASA YOGA Lenka Oravcová		
9:30	●		●						●●			●●		
10:00		BODY STYLING Sylva Přečková	BOSU TRAINING Aneta Tvrzníková	SM SYSTÉM Lenka Horňáková							BODY STYLING Daniela Suková		BODY STYLING Dita Punčochářová	
10:30		●	●●	●							●●		●	
11:00		ZUMBA Aneta Tvrzníková						LATINO DANCE Aneta Tvrzníková		ZUMBA Aneta Tvrzníková				
11:30		●						●		●				
12:00	TRX Jakub Vobořil	VINYASA YOGA Lucie Maxiánová	CROSS WORKOUT David Rybenský				FUNKČNÍ TRÉNINK Jakub Vobořil							
12:30	●●	●●	●●●				●●							
13:00														
13:30														
14:00														
14:30														
15:00														
15:30														
16:00														
16:30														
17:00		FIT BALL Andrea Kopačková												
17:30		●	PUMP IT Yvona Kimmelová	ABY ZÁDA ZDRAVÁ BYLA Andrea Kopačková					MMA WORKOUT Jakub Vobořil	BODY TRAINING Jaroslav Vobr				
18:00	ZUMBA Martina Aušová	POWER STEP Veronika Ruppert	●	●					●●	●			TRX Jakub Vobořil	
18:30	●	●	TRX Jakub Vobořil	BODY TRAINING Andrea Kopačková						●			●●	
19:00	KICKBOX Jakub Vobořil	PILATES Veronika Motyčková	●●	●●			TRX Jakub Vobořil	ABY ZÁDA ZDRAVÁ BYLA Veronika Ruppert					TRX Jakub Vobořil	VINYASA YOGA Vladimír Mikuláš
19:30	●●	●	●●	●●			●●●	●					●●	●●
20:00				FLOW YOGA Pavel Skala										
20:30				●										
21:00														
21:30														
22:00														

LESSON LENGTH IS 55 MINUTES UNLESS OTHERWISE STATED.

■ LESSONS FOCUSING ON SHAPING OF DIFFICULT PARTS OF THE BODY, SUITABLE FOR BEGINNERS

■ BODY & MIND LESSONS FOCUSING ON CHANGING FROM TENSION TO RELAXATION OF THE WHOLE BODY, WITH PROFOUND MUSCLES IN PARTICULAR

■ CHOREOGRAPHIC AND DANCING LESSONS

■ STANDBY

● BEGINNERS

●● INTERMEDIATE

●●● ADVANCED

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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Aqua	Spinning	Aqua	Spinning	Aqua	Spinning	Aqua	Spinning	Aqua	Spinning	Aqua	Spinning	Aqua	Spinning
7:00		MYZONE SPINNING Veronika Motyčková	AQUA AEROBIC Lenka Jiruškova											
7:30														
8:00														
8:30													PLAVÁNÍ S DĚTMI bez instruktora	
9:00														
9:30														
10:00			AQUA FIT Pavla Poláková			SPINNING Daniela Suková			AQUA FIT Pavla Poláková		AQUA FIT Pavla Poláková			MYZONE SPINNING Monika Čapková
10:30														
11:00	AQUA DANCE Sylva Přečová													
11:30												SPINNING Daniela Suková		MYZONE SPINNING Monika Čapková
12:00														
12:30														
13:00														
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14:00														
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15:00														
15:30														
16:00														
16:30														
17:00		SPINNING Pavel Skala		MYZONE SPINNING Monika Čapková										
17:30														
18:00	AQUA AEROBIC Andrea Kopačková	SPINNING Pavel Skala	HYDROBIKE Lucie Kasíková	MYZONE SPINNING Monika Čapková										
18:30														
19:00														
19:30														
20:00														
20:30														
21:00														
21:30														
22:00														

LESSON LENGTH IS 55 MINUTES UNLESS OTHERWISE STATED.

■ SPINNING ■ SWIMMING WITH CHILDREN
■ AQUA AEROBIC ■ STANDBY

● BEGINNERS
●● INTERMEDIATE
●●● ADVANCED