

# TIMETABLE 29. 12. - 4. 1. 2015

	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		MORNING TRAINING Daniela Suková	VINYASA YOGA Andrea Kopačková						VINYASA YOGA Pavel Skala					
7:30														
8:00	FUNKČNÍ TRÉNINK Jan Šmidrkal		FUNKČNÍ TRÉNINK Jakub Vobořil						CROSS WORKOUT Jan Šmidrkal					
8:30														
9:00	ABY ZÁDA ZDRAVÁ BYLA Sylvie Nikoličová		FLOWIN DANCE Martina Aušová	PILATES Lenka Oravcová					TOTAL BODY MAT T. Pavla Poláková			VINYASA YOGA Lenka Oravcová		
9:30														
10:00			BOSU TRAINING Aneta Tvrzníková			ZUMBA Martina Aušová					BODY STYLING Daniela Suková		BODY STYLING Dita Punčochářová	
10:30														
11:00		ZUMBA Aneta Tvrzníková								ZUMBA Aneta Tvrzníková				
11:30														
12:00	TRX Jakub Vobořil	VINYASA YOGA Lucie Maxiánová	CROSS WORKOUT David Rybenský			VINYASA YOGA +RELAX Vladimír Mikuláš			PUMP IT Yvona Kimmelová	NAAM YOGA Jitka Brůnová				
12:30														
13:00														
13:30														
14:00														
14:30														
15:00														
15:30														
16:00														
16:30														
17:00		FIT BALL Andrea Kopačková		SM SYSTÉM Petra Opočenská										
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												
18:30			TRX Jakub Vobořil	BODY TRAINING Andrea Kopačková						BOSU TRAINING Veronika Ruppert			TRX Jakub Vobořil	
19:00	KICKBOX Jakub Vobořil	PILATES Veronika Motyčková												
19:30								TRX Pavel Svehla	ABY ZÁDA ZDRAVÁ BYLA Veronika Ruppert				TRX Jakub Vobořil	VINYASA YOGA Vladimír Mikuláš
20:00														
20:30				FLOW YOGA Pavel Skala										
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

# TIMETABLE 29. 12. - 4. 1. 2015

	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 Motýčková	AQUA AEROBIC Lenka Jirušková						AQUA AEROBIC Lenka Jirušková	MYZONE SPINNING Daniela Suková				
7:30														
8:00													PLAVÁNÍ S DĚTMI bez instruktora	
8:30														
9:00														
9:30														
10:00			AQUA FIT Pavla Poláková		AQUA AEROBIC Pavla Poláková				AQUA FIT Pavla Poláková		AQUA FIT Lenka Jirušková			MYZONE SPINNING Pavel Skala
10:30														
11:00												SPINNING Daniela Suková		MYZONE SPINNING Pavel Skala
11:30														
12:00										SPINNING Karel Hájek				
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17:00														
17:30														
18:00	AQUA AEROBIC Andrea Kopačková		HYDROBIKE Lucie Kasíková	MYZONE SPINNING Monika Čapková										
18:30				MYZONE SPINNING Monika Čapková										
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