

Relax - Aerobic (17.06. - 23.06.)

20.06.2019 00:01:04

GMT +1	Pondelok	Utorok	Streda	Štvrtok	Piatok	Sobota	Nedeľa
06:00							
06:30							
07:00		TABATA 06:30 - 07:30 Simona Luká		TABATA 06:30 - 07:30 Simona Luká			
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09:30			BAX 09:00 - 10:00 Milan Adamka		BodyArt 09:00 - 10:00 Milan Adamka		
10:00							PUMP FX 09:30 - 10:30 Lucia Fajč
10:30						BODYPUMP® 10:00 - 11:00 Lucia Fajč	
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12:30		BODYPUMP® 12:00 - 13:00 Veronika Šk					
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17:30	BODYFIGHT 17:00 - 18:00 Jany Landl	PUMP FX 17:00 - 18:00 Milan Adamka	BODYFIGHT 17:00 - 18:00 Jany Landl	PUMP FX 17:00 - 18:00 Lucia Medeko	PUMP FX 17:00 - 18:00 Lucia Fajč		
18:00							
18:30		BODYCOMBAT 18:00 - 19:00 Lucia Fajč	BODYPUMP® 18:00 - 19:00 Lucia Fajč	POWER STEP 18:00 - 19:00 Mágio Plá			
19:00							
19:30	DEEPWORK 19:00 - 20:00 Milan Adamka	TABATA 19:00 - 20:00 Jany Landl	BodyArt 19:00 - 20:00 Milan Adamka	BODYCOMBAT 19:00 - 20:00 Mágio Plá			
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Relax - Indoor (17.06. - 23.06.)

20.06.2019 00:01:03

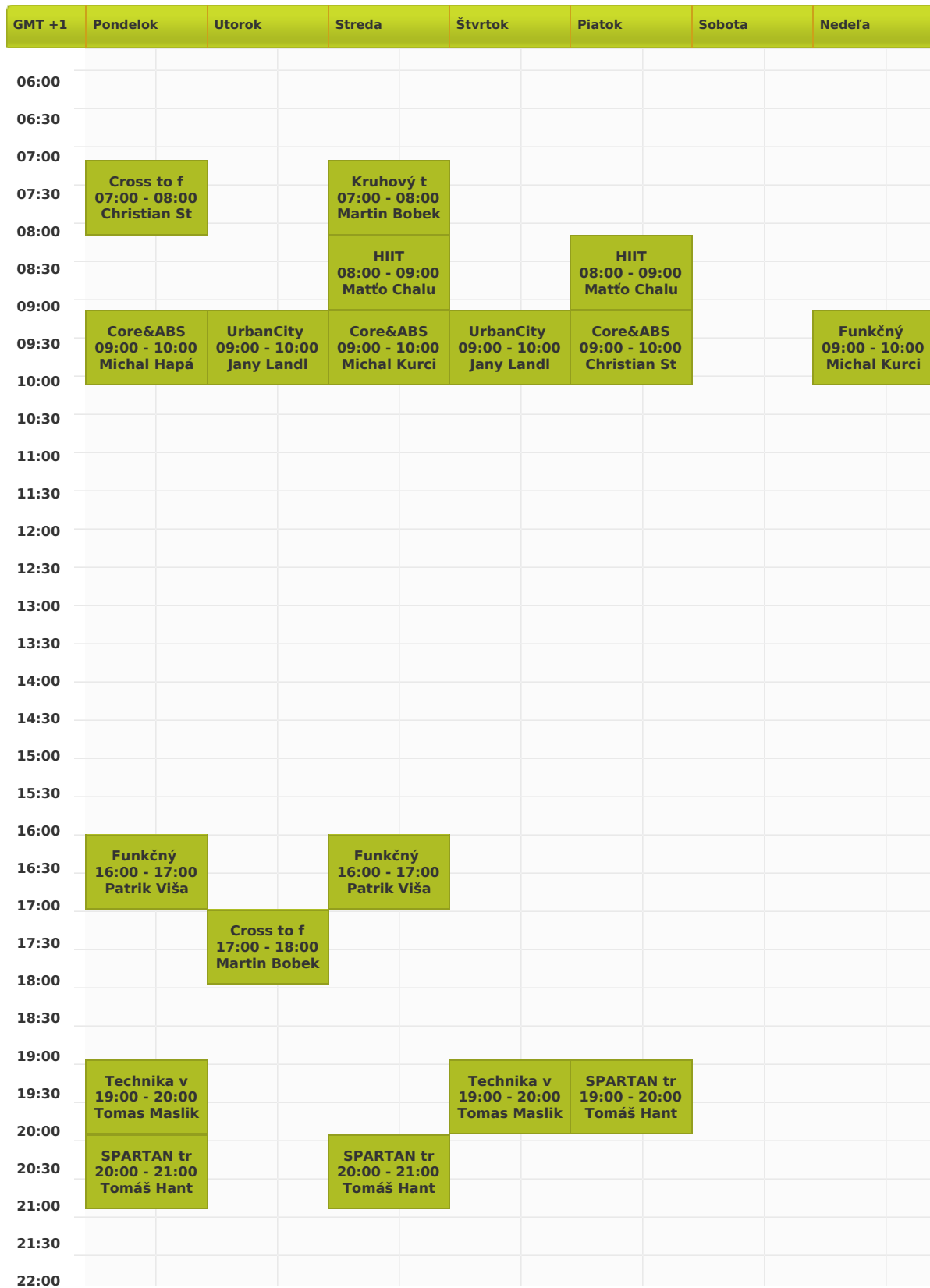
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Indoor cyc
18:00 - 19:00
Lenka Michal

Indoor cyc
19:00 - 20:00
Lucia Peško

Relax - Performance (17.06. - 23.06.)

20.06.2019 00:01:04



Relax - Body&Mind (17.06. - 23.06.)

20.06.2019 00:01:04

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BODYBALANC
10:00 - 11:00
Mágio Plá

Cvičenie
10:00 - 11:00
Tomáš Kara

Pilates
08:00 - 09:00
Marcela Svob

Cvičenie
10:00 - 11:00
Tomáš Kara

Joga vedom
09:30 - 10:30
Jozef Vaško

Pilates
09:30 - 10:30
Marcela Svob

BODYBALANC
10:00 - 11:00
Mágio Plá

Mobility&F
17:00 - 18:00
Mágio Plá

Pilates
17:00 - 18:00
Marcela Svob

Pilates
17:00 - 18:00
Marcela Svob

Power joga
18:00 - 19:00
Dagmar
Mavet

Power joga
18:00 - 19:00
Petra Satino

Mobility&F
18:00 - 19:00
Lucia Medeko

Zdravý ch
18:00 - 19:00
Pavol Silani

Zdravý ch
19:00 - 20:00
Pavol Silani

Power joga
19:00 - 20:00
Petra Satino

Yin Joga
19:00 - 20:00
Dagmar
Mavet

Relax - Box (17.06. - 23.06.)

20.06.2019 00:01:04

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17:30				MMA 17:00 - 18:00 Michal Hochs			
18:00		BOX 17:30 - 18:30 Lukáš Šim		BOX 17:30 - 18:30 Lukáš Šim			
18:30	Muay Thai 18:00 - 19:00 Matej Beňo		Muay Thai 18:00 - 19:00 Matej Beňo		Muay Thai 18:00 - 19:00 Matej Beňo		
19:00		AY FLY 18:30 - 19:30 Zuzana Ružo		AY FLY 18:30 - 19:30 Majka Chrkav			
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