

SKUPINOVÉ LEKCE

GROUP CLASSES



PONDĚLÍ / MONDAY	ÚTERÝ / TUESDAY	STŘEDA / WEDNESDAY	ČTVRTEK / THURSDAY	PÁTEK / FRIDAY	SOBOTA / SATURDAY	NEDĚLE / SUNDAY
Studio 1 7:00 / 30 min BODYPUMP Monika Zemánková	Studio 3 7:00 / 30 min LES MILLS SPRINT Virtual Trainer	Studio 3 7:00 / 30 min LES MILLS SPRINT Virtual Trainer	Studio 3 7:00 / 30 min LES MILLS SPRINT Virtual Trainer	Studio 3 7:00 / 30 min LES MILLS SPRINT Virtual Trainer	Studio 3 9:30 / 45 min RPM Monika Zemánková	Studio 3 9:30 / 30 min LES MILLS SPRINT Virtual Trainer
Studio 3 7:30 / 30 min LES MILLS SPRINT Monika Zemánková	Studio 2 7:00 / 50 min SPARTAN TRAINING Vladimír Veverka	Studio 1 7:00 / 55 min BODYPUMP Monika Zemánková		Studio 1 7:15 / 45 min BODYBALANCE Michal Holotík	Studio 1 10:00 / 55 min BODYPUMP Michal Holotík	
					Studio 1 11:00 / 55 min BODYCOMBAT Milan Peric	
Studio 1 12:00 / 55 min BODYPUMP Tomáš Remsa	Studio 1 11:30 / 50 min TABATA Katka Masopustová		Studio 1 12:00 / 55 min BODYPUMP Tomáš Remsa	Studio 1 11:30 / 45 min BODYBALANCE Michal Šubr		Studio 3 12:00 / 30 min LES MILLS SPRINT Virtual Trainer
Studio 3 12:00 / 30 min LES MILLS SPRINT Virtual Trainer	Studio 3 12:00 / 30 min LES MILLS SPRINT Virtual Trainer	Studio 1 12:00 / 30 min LES MILLS CORE Ria Hrušovská	Studio 3 12:00 / 30 min LES MILLS SPRINT Virtual Trainer	Studio 3 12:00 / 30 min LES MILLS SPRINT Monika Zemánková	Studio 3 12:00 / 30 min LES MILLS SPRINT Virtual Trainer	
Studio 2 12:30 / 55 min KRUHÁČ Milan Polívka	Studio 1 12:30 / 50 min HEALTHY SPINE Katka Masopustová	Studio 3 12:30 / 30 min RPM Ria Hrušovská	Studio 2 11:30 / 50 min KRUHÁČ core & mobility Katka Masopustová	Studio 2 12:30 / 55 min KRUHÁČ Milan Polívka		
			Studio 2 12:30 / 50 min TRX Katka Masopustová			
Studio 2 17:00 / 55 min TRX Míša Homolová	Studio 3 17:30 / 45 min SPINNING Petr Sojka	Studio 3 17:00 / 45 min RPM Virtual Trainer	Studio 3 17:00 / 45 min RPM Virtual Trainer	Studio 3 17:00 / 45 min RPM Virtual Trainer	Studio 3 17:00 / 45 min RPM Virtual Trainer	Studio 3 17:00 / 45 min RPM Virtual Trainer
Studio 3 17:00 / 45 min RPM Virtual Trainer	Studio 1 18:00 / 45 min BODYCOMBAT Ria Hrušovská	Studio 1 18:00 / 30 min LES MILLS GRIT CARDIO Michal Holotík	Studio 1 18:00 / 55 min BODYCOMBAT Michal Holotík	Studio 2 17:00 / 55 min HIIT Míša Homolová	Studio 3 18:00 / 45 min RPM Virtual Trainer	Studio 3 18:00 / 45 min RPM Virtual Trainer
Studio 1 18:00 / 55 min BODYPUMP Ria Hrušovská	Studio 2 18:00 / 55 min KRUHÁČ Roman Matoušek	Studio 2 18:00 / 55 min TRX Míša Homolová	Studio 2 18:00 / 55 min TABATA Valentina Strnadová	Studio 1 17:30 / 55 min BODYPUMP Tomáš Remsa		
Studio 2 18:00 / 55 min HIIT Míša Homolová	Studio 1 18:45 / 45 min LES MILLS GRIT CARDIO & MOBILITY Hanka Peregrinová	Studio 1 18:30 / 55 min BODYPUMP Hanka Peregrinová	Studio 3 18:00 / 45 min RPM Virtual Trainer	Studio 2 18:00 / 55 min TRX Míša Homolová		
Studio 3 18:00 / 45 min RPM Virtual Trainer	Studio 1 19:30 / 55 min BODYPUMP Radim Vlček	Studio 2 19:00 / 55 min KRUHÁČ Míša Homolová	Studio 1 19:00 / 55 min BODYPUMP Radim Vlček	Studio 3 18:00 / 45 min RPM Virtual Trainer		
Studio 1 19:00 / 45 min LES MILLS GRIT STRENGTH & mobility Hanka Peregrinová						