

ROZPIS CVIČENÍ

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|-----------------|---|--|---|---|---|
| PONDELOK | | | 17.00 - 18.00 BOSU CARDIO Zuzka Feke | 18.10 - 19.10 ENERGY JUMPING Lucia L. | 19.20 - 20.20 TRX Michal |
| UTOROK | | 15.50-16.50 JUMPING Lucka Caca | 17.00 - 18.00 INTERVALOVÝ TRÉNING Šteška | 18.10 - 19.10 FUNKČNÝ TRÉNING Viktor / Michal | 19.20 - 20.20 INDOOR CYCLING Janko |
| STREDA | | 15.50-16.50 JUMPING Šteška | 17.00 - 18.00 BASIC JUMPING Lucia L. | 18.10 - 19.10 BOSU CARDIO Zuzka Feke | 19.20 - 20.20 DEEPWORK Zuzka Feke |
| ŠTVRTOK | | 15.50-16.50 JUMPING Lucka Caca | 17.00 - 18.00 INTERVALOVÝ TRÉNING Šteška | 18.10 - 19.10 FUNKČNÝ TRÉNING Viktor / Michal | 19.20 - 20.20 INDOOR CYCLING Janko |
| PIATOK | | | | 18.10 - 19.10 MIX TRÉNING Lucia L. | 19.20 - 20.20 TRX Michal |
| SOBOTA | | | | | |
| NEDEĽA | 07.30-09.30 INDOOR CYCLING/ POSILŇOVANIE Janko | 15.50 - 16.50 CARDIO LATINO DANCE Tatiana | 17.00 - 18.00 PILOXING Lucka Caca | 18.10 - 19.10 JUMPING & BODYWORK Lucia L. | 19.20 - 20.20 FUNKČNÝ TRÉNING Viktor / Michal |