

GROUP TRAINING SCHEDULE

Platný od / Valid from	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.9.2010							
7:30 – 8:20							
9:30 – 10:25	Step - Body Simona Pirklová		Body Ball Ola Janečková		Power yoga Ola Janečková	Step Class + Stretch Step Body + Stretch (Dana T./Ola B. (09:00 – 09:55)	
10:30 – 11:25	Privat Lesson (10.30-11.30)			Privat Lesson (10.30-11.30)		AQUA Aerobic Dana T./Ola B. (10:00 – 10:45)	
12:00 – 12:55		Pilates Ola Janečková					
17:00 – 18:00		AQUA Aerobic Simona Pirklová (17.00 – 17.45)					
18:00 – 18:55	Zumba/Salsa Norma Garcínová	Body Training Simona Pirklová	Step Aerobic Dana Tichá	Aerobic Veronika Dienstbierová			
19:00 – 19:55	Pilates Ola Janečková	Body Ball Ola Janečková	Power Yoga Aida Ospanová	Fit KickBox Lucie Matoušková			