



GROUP CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Afternoon lessons	17:00 - 17:55 Tabata Martina	16:30 - 17:55 Aerobic variations + firm abdomen Jana	17:00 - 17:55 Bodyforming Martina	17:15 - 18:15 Circle training Tonda	X	X	17:00 - 17:55 Fitness training Marie
Evening lessons	18:00 - 18:55 Pilates Jarmila	X	18:00 - 19:30 Self-defence for beginners Pavel	X	X	X	X