

pondělí	a	NEW Nové lekce		15.30 - 16.20 TRX Roman	16.30 - 17.20 Chi-Toning Lenka	17.30 - 18.20 Latino Dance Lenka \ Roman	18.30 - 19.20 Yoga Flow Jiřina		
	w					17.15 - 18.05 Walking Míša	18.15 - 19.05 Walking Tereza M.		
	p				NEW 16.30 - 17.20 Pilates Reformer Lucka	17.30 - 18.20 Pilates Reformer Lucka	18.30 - 19.20 Pilates Reformer Lucka		
úterý	a			NEW 15.30 - 16.20 Circuit training Hanka	16.30 - 17.20 Pilates Lenka	17.30 - 18.20 Cardio Dance Lenka / Roman	18.30 - 19.20 Power Pump Jana		
	w	7.15 - 8.05 Walking TB Roman			16.15 - 17.05 Walking Monika	17.15 - 18.05 Walking Marcela	18.30 - 19.20 Walking TB Andrea		
	p	7.30 - 8.20 Pilates Reformer Lucka	8.30 - 9.20 Pilates Reformer Lucka		NEW 16.30 - 17.20 Fyzi Reformer Šárka	17.30 - 18.20 Pilates Reformer Andrea	18.30 - 19.20 Pilates Reformer Lenka / Roman		
středa	a				16.30 - 17.20 Power Step Roman	17.30 - 18.20 Cardio Dance Roman	18.30 - 19.20 Pilates Lenka	19.30 - 20.20 TRX Roman	
	w	7.15 - 8.05 Walking TB Roman				17.15 - 18.05 Walking Lenka	18.15 - 19.05 Walking Naty		
	p	8.30 - 9.20 Pilates Reformer Lenka	9.30 - 10.20 Pilates Reformer Lenka		16.30 - 17.20 Reformer basic Ivana	17.30 - 18.20 Pilates Reformer Ivana	18.30 - 19.20 Pilates Reformer Ivana		
čtvrtek	a			15.30 - 16.20 BOSU Marcela	16.30 - 17.20 Pilates Jitka	17.30 - 18.20 Step Choreo Lenka	18.30 - 19.20 Body In Balance Lenka		
	w	7.15 - 8.05 Walking TB Roman			16.15 - 17.05 Walking Míša / Naty	17.15 - 18.05 Walking Terka B.			
	p				16.30 - 17.20 Pilates Reformer Roman	17.30 - 18.20 Pilates Reformer Andrea	18.30 - 19.20 Pilates Reformer Roman		
pátek	a	8.00 - 8.50 Pilates Lenka		15.30 - 16.20 Yoga therapy Lenka	16.30 - 17.20 Step Choreo Roman	17.30 - 18.20 TRX Roman			
	w		9.15 - 10.05 Walking TB Roman		16.15 - 17.05 Walking Monika				
	p		9.00 - 9.50 Pilates Reformer Lenka	10.00 - 10.50 Pilates Reformer Lenka					
sobota	a	Pro aktuální nabídku sobotních lekcí (aroma detox yoga, dance, step apod) sledujte prosím náš web a facebook							
neděle	a				16.30 - 17.20 Pilates barre Lenka	17.30 - 18.20 Cardio Dance Lenka	NEW 18.30 - 19.20 Power Pump Roman		
	w								
	p				NEW 16.30 - 17.20 Pilates Reformer Andrea	17.30 - 18.20 Pilates Reformer Roman	18.30 - 19.20 Pilates Reformer Lenka		

 Kondiční lekce

 Body Mind lekce

 Walking

 Pilates studio

 Yoga

 Choreo lekce