

# ROZPIS SPINNINGU, FITBOXU, AEROBICU, PILATES a POWERYOGY

platnost od 1.9.2009

|                |  |  |   |   |  |   |  |  |
|----------------|--|--|---|---|--|---|--|--|
| <b>PONDĚLÍ</b> | 8:30 - 9:30<br><b>SPINNING</b><br>JANA | 9:40 - 10:40<br><b>PILATES</b><br>JANA |   | 15:30 - 16:55<br>Sport.aerobic                        | 17:00 - 17:55<br><b>FITBOX</b><br>MICHAELA               | 18:05 - 19:00<br><b>SPINNING</b><br>TOMÁŠ     | 19:05 - 20:00<br><b>AEROBIC CLASS</b><br>ZUZANA D. | 20:05 - 21:00<br><b>SPINNING</b><br>JANINA   |
| <b>ÚTERÝ</b>   |  | SQUASH<br>POINT®                       | 15:00 - 16:00<br>Dětský<br>aerobic<br>4 - 6 let       | 16:00 - 16:55<br>Přípravka<br>od 6 let<br>a závodníci | 17:00 - 17:55<br><b>SPINNING</b><br>ZAČÁTEČNÍCI<br>DAVID | 18:05 - 19:00<br><b>SPINNING</b><br>ZUZKA K.  | 19:05 - 20:00<br><b>FITBOX</b><br>ZUZKA K.         | 20:05 - 21:00<br><b>PILATES</b><br>GABRIELA  |
| <b>STŘEDA</b>  | 8:30 - 9:30<br><b>SPINNING</b><br>JANA |  | 15:00 - 16:00<br>Přípravka<br>od 6 let<br>a závodníci | 16:00 - 16:55<br>FUNKY+HIP-HOP<br>pro náctileté       | 17:00 - 17:55<br><b>SPINNING</b><br>JIRKA                | 18:05 - 19:00<br><b>SPINNING</b><br>JIRKA     | 19:05 - 20:00<br><b>AEROBIC BODY</b><br>ZUZKA K.   | 20:05 - 21:00<br><b>SPINNING</b><br>ZUZKA D. |
| <b>ČTVRTEK</b> | 8:15 - 9:15<br><b>PILATES</b><br>JANA  | 9:30 - 10:30<br><b>PILATES</b><br>JANA |   | 15:30 - 16:55<br><b>SPORTOVNÍ AEROBIC</b>             | 17:00 - 17:55<br><b>FITBOX</b><br>ZAČÁTEČNÍCI<br>DAVID   | 18:05 - 19:00<br><b>FITBOX</b><br>DAVID       | 19:05 - 20:00<br><b>SPINNING</b><br>TOMÁŠ          | 20:05 - 21:00<br><b>SPINNING</b><br>TOMÁŠ    |
| <b>PÁTEK</b>   | 8:30 - 9:30<br><b>SPINNING</b><br>JANA | SQUASH<br>POINT®                       |   | 16:00 - 16:55<br>Přípravka<br>od 6 let<br>a závodníci | 17:00 - 17:55<br><b>FITBOX</b><br>JANINA                 | 18:05 - 19:00<br><b>SPINNING</b><br>JANINA    |  | SQUASH<br>POINT®                             |
| <b>SOBOTA</b>  | SQUASH<br>POINT®                       |  |   | SQUASH<br>POINT®                                      | SQUASH<br>POINT®   | SQUASH<br>POINT®                              | SQUASH<br>POINT®                                   | SQUASH<br>POINT®                             |
| <b>NEDĚLE</b>  | SQUASH<br>POINT®                       | SQUASH<br>POINT®                       | SQUASH<br>POINT®                                      |   | 17:00 - 18:00<br><b>SPINNING</b><br>DAVID/TOMÁŠ          | 18:00-19:00<br><b>SPINNING</b><br>DAVID/TOMÁŠ | 19:05 - 20:00<br><b>FITBOX</b><br>ZUZKA/JANINA     | SQUASH<br>POINT®                             |

REZERVACE: 272 940 089, 728 481 157