

ROZVRH SÁLOVÝCH CVIČENÍ platný od 1.7. - 5.9.2021

akutální denní rozvrh lekcí včetně obsazenosti naleznete v on-line rezervacích na www.sqp.cz

| PONDĚLÍ | | | | | | | | | | | | | |
|-------------|-----------|-----------|---------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|---------------------------------------|--------------------------------------|------------------------------------|-------------|
| | 7:00-8:00 | 8:00-9:00 | 9:00-10:00 | 10:00-11:00 | 11:00-12:00 | 14:00-15:00 | 15:00-16:00 | 16:00-17:00 | 17:00-18:00 | 18:00-19:00 | 19:00-20:00 | 20:00-21:00 | 21:00 |
| | 7:30-8:30 | 8:30-9:30 | 9:30-10:30 | 10:30-11:30 | 11:30-12:30 | 13:30-14:30 | 14:30-15:30 | 15:30-16:30 | 16:30-17:30 | 17:30-18:30 | 18:30-19:30 | 19:30-20:30 | 20:30-21:30 |
| sál 1 | | | | | | | | | | 17:15 - 18:15 ALPINNING Jana B. | 18:15 - 19:15 ALPINNING Tereza | 19:15 - 20:15 ALPINNING Ivet | |
| sál 2 | | | 9:30 - 10:30 PILATES Jana | | | | | | | 17:30 - 18:30 BODYFORM Lucka | | 19:00 - 20:00 FIT YOGA Linda | |
| sál 3 | | | | | | | | | | 18:00 - 19:00 SPINNING Bob | | | |
| FIT ARENA | | | | | | | | | | 18:00 - 19:00 FITBOX Gino | | | |
| sál GRAVITY | | | | | | | | | | 17:30 - 18:30 GRAVITY Matěj | 18:30 - 19:30 GRAVITY Matěj | | |

| ÚTERÝ | | | | | | | | | | | | | |
|-------------|-----------|--------------------------------------|------------|-------------|-------------|-------------|-------------|-------------|---|--|--|-------------|-------------|
| | 7:00-8:00 | 8:00-9:00 | 9:00-10:00 | 10:00-11:00 | 11:00-12:00 | 14:00-15:00 | 15:00-16:00 | 16:00-17:00 | 17:00-18:00 | 18:00-19:00 | 19:00-20:00 | 20:00-21:00 | 21:00 |
| | 7:30-8:30 | 8:30-9:30 | 9:30-10:30 | 10:30-11:30 | 11:30-12:30 | 13:30-14:30 | 14:30-15:30 | 15:30-16:30 | 16:30-17:30 | 17:30-18:30 | 18:30-19:30 | 19:30-20:30 | 20:30-21:30 |
| sál 1 | | | | | | | | | | 18:00 - 19:00 ALPINNING David | | | |
| sál 2 | | | | | | | | | 17:30 - 18:30 PEVNĚ BRICHO PEVNÝ ZADEK Lucka | 18:30 - 19:30 BODYFORM Jana S. | 19:30 - 20:30 POWER YOGA Jana S. | | |
| sál 3 | | 8:00 - 9:00 SPINNING Martin H. | | | | | | | 17:00 - 18:00 JUMPING Violeta | 18:30 - 19:30 SPINNING Martin H. | | | |
| FIT ARENA | | | | | | | | | | 18:00 - 19:00 FITBOX Ruda | 19:00 - 20:00 KRUHOVÝ TR. Filip B. | | |
| sál GRAVITY | | | | | | | | | 17:30 - 18:30 GRAVITY Filip | | | | |

| STŘEDA | | | | | | | | | | | | | |
|-------------|-----------|-------------------------------|------------|-------------|-------------|-------------|-------------|-------------|-------------|---|---|-------------|-------------|
| | 7:00-8:00 | 8:00-9:00 | 9:00-10:00 | 10:00-11:00 | 11:00-12:00 | 14:00-15:00 | 15:00-16:00 | 16:00-17:00 | 17:00-18:00 | 18:00-19:00 | 19:00-20:00 | 20:00-21:00 | 21:00 |
| | 7:30-8:30 | 8:30-9:30 | 9:30-10:30 | 10:30-11:30 | 11:30-12:30 | 13:30-14:30 | 14:30-15:30 | 15:30-16:30 | 16:30-17:30 | 17:30-18:30 | 18:30-19:30 | 19:30-20:30 | 20:30-21:30 |
| sál 1 | | | | | | | | | | 17:30 - 18:30 ALPINNING Ivet | 18:30 - 19:30 ALPINNING Tereza | | |
| sál 2 | | | | | | | | | | | 18:30 - 19:30 POWER YOGA Lenka <i>od 4.8.!</i> | | |
| sál 3 | | | | | | | | | | 18:00 - 19:00 SPINNING Pavčina / Jarda H. | | | |
| FIT ARENA | | 8:00 - 9:00 FITBOX Gino | | | | | | | | | | | |
| sál GRAVITY | | | | | | | | | | 17:30 - 18:30 GRAVITY Matěj | 18:30 - 19:30 GRAVITY Matěj | | |

| ČTVRTEK | | | | | | | | | | | | | |
|-------------|-----------|--------------------------------------|---------------------------------|-------------|-------------|-------------|-------------|-------------|---|---|-------------------------------------|-------------|-------------|
| | 7:00-8:00 | 8:00-9:00 | 9:00-10:00 | 10:00-11:00 | 11:00-12:00 | 14:00-15:00 | 15:00-16:00 | 16:00-17:00 | 17:00-18:00 | 18:00-19:00 | 19:00-20:00 | 20:00-21:00 | 21:00 |
| | 7:30-8:30 | 8:30-9:30 | 9:30-10:30 | 10:30-11:30 | 11:30-12:30 | 13:30-14:30 | 14:30-15:30 | 15:30-16:30 | 16:30-17:30 | 17:30-18:30 | 18:30-19:30 | 19:30-20:30 | 20:30-21:30 |
| sál 1 | | | | | | | | | 17:00 - 18:00 ALPINNING Alice | 18:00 - 19:00 ALPINNING Zbyšek | 19:00 - 20:00 ALPINNING David | | |
| sál 2 | | | 9:30 - 10:30 PILATES Jana | | | | | | 17:30 - 18:30 PEVNĚ BRICHO PEVNÝ ZADEK Lucka | 18:45 - 19:45 PILATES Hanka | | | |
| sál 3 | | 8:00 - 9:00 SPINNING Martin H. | | | | | | | | 18:00 - 19:00 JUMPING Kačka / Ada | 19:00 - 20:00 SPINNING Kačka | | |
| FIT ARENA | | | | | | | | | | 18:00 - 19:00 FITBOX Gino | 19:00 - 20:00 TRX Filip B. | | |
| sál GRAVITY | | | | | | | | | 17:30 - 18:30 GRAVITY Filip | | | | |

| PÁTEK | | | | | | | | | | | | | |
|-------------|-----------|-------------------------------|------------------------------------|-------------|-------------|-------------|-------------|-------------|--------------------------------------|--|---------------------------------------|-------------|-------------|
| | 7:00-8:00 | 8:00-9:00 | 9:00-10:00 | 10:00-11:00 | 11:00-12:00 | 14:00-15:00 | 15:00-16:00 | 16:00-17:00 | 17:00-18:00 | 18:00-19:00 | 19:00-20:00 | 20:00-21:00 | 21:00 |
| | 7:30-8:30 | 8:30-9:30 | 9:30-10:30 | 10:30-11:30 | 11:30-12:30 | 13:30-14:30 | 14:30-15:30 | 15:30-16:30 | 16:30-17:30 | 17:30-18:30 | 18:30-19:30 | 19:30-20:30 | 20:30-21:30 |
| sál 1 | | | | | | | | | | | 18:30 - 19:30 ALPINNING Jana B. | | |
| sál 2 | | | | | | | | | 17:00 - 18:00 POWER YOGA Miša | | | | |
| sál 3 | | | | | | | | | | | | | |
| FIT ARENA | | 8:00 - 9:00 FITBOX Gino | | | | | | | 17:30 - 18:30 FITBOX Simona F. | 18:30 - 19:30 KRUHOVÝ TRENINK Matěj | | | |
| sál GRAVITY | | | 9:30 - 10:30 GRAVITY Zuza D. | | | | | | 17:30 - 18:30 GRAVITY Matěj | | | | |

| SOBOTA | | | | | |
|-------------|----------------|-----------|------------|-------------|-------------|
| | 7:00-8:00 | 8:00-9:00 | 9:00-10:00 | 10:00-11:00 | 11:00-12:00 |
| | 7:30-8:30 | 8:30-9:30 | 9:30-10:30 | 10:30-11:30 | |
| sál 1 | | | | | |
| sál 2 | | | | | |
| sál 3 | ZAVŘENO | | | | |
| FIT ARENA | | | | | |
| sál GRAVITY | | | | | |

| NEDELE | | | | | | |
|-------------|-------------|--------------------------------|--|--------------------------------------|---------------------------------------|-------------|
| | 16:00-17:00 | 17:00-18:00 | 18:00-19:00 | 19:00-20:00 | 20:00-21:00 | 21:00 |
| | | 16:30-17:30 | 17:30-18:30 | 18:30-19:30 | 19:30-20:30 | 20:30-21:30 |
| sál 1 | | | 17:30 - 18:30 ALPINNING David <i>jan tuší bídění!</i> | 18:30 - 19:30 ALPINNING Tereza | | |
| sál 2 | | | | 18:00 - 19:00 BODYFORM Jana S. | 19:00 - 20:00 POWER YOGA Miša | |
| sál 3 | | | | 18:00 - 19:00 JUMPING Ada | 19:10 - 20:10 SPINNING Jarda H. | |
| FIT ARENA | | 17:00 - 18:00 FITBOX Ada | | | 19:10 - 20:10 FITBOX Gino | |
| sál GRAVITY | | | | | | |

lekce BODY & MIND

FORMOVACÍ lekce

KONDIČNÍ lekce

Cvičení PRO DĚTI