

LIVE COURSES

MO

TUE

WE

THU

FRI

CYCLING

17:00
BIKE & BEATS
Barbara

17:00
PUMP IT
Matěj

17:30
YOGA
Martin

17:30
SIXPACK
Richard

17:00
MOBILITY ZONE
Filip

CLASSROOM

17:30
SIXPACK
Richard

CLASSROOM

17:30
SIXPACK
Jirka

CLASSROOM

18:30
SHAPE IT
Šárka

CLASSROOM

18:00
YOGA
Martin

CLASSROOM

17:30
SIXPACK
Jirka

CLASSROOM

18:00
MOBILITY ZONE
Filip

FUNCTIONAL

18:00
YOGA
Martin

CYCLING

18:30
BIKE & BEATS
Martin

FUNCTIONAL

18:30
GROUP WORKOUT
ABS ON FIRE
Jindra

FUNCTIONAL

18:30
GROUP WORKOUT
BOOTY BOOST
Jirka

CYCLING

18:30
BIKE & BEATS
Barbara

CYCLING

18:30
GROUP WORKOUT
CIRCLE TRAINING
Jindra

CLASSROOM

19:30
CARDIO BEATS
Šárka

CYCLING

19:00
BIKE & BEATS
Martin

CLASSROOM

19:00
PUMP IT
Priscila

CLASSROOM

19:00
BIKE & BEATS
Martin

20:00
BOOTY BOOST
Priscila

19:00
DANCE BEGINNERS
Noemi Endl

20:30
SIXPACK
Priscila

20:00
DANCE ADVANCED
Noemi Endl