Schedule valid from 01.04.2019

FitCamp
GET MOTIVATED!

FitCamp Drieňová

	Hall for group exercise							*Spinning*			*Gym Floor*								
MONDAY					**17:00-18:00** **LatinoFIT** Lenka	**18:10-19:10** **TABATA** Tomáš	**19:20-20:20** **Ashtanga** Joga Tuli	**6:00-7:00** HappySpinn Adriana		**18:00-19:00** Spinning Katka	**7:00-8:00** **Three on one**	**7:00-8:00** **CrossFit** Tibor	**9:00-10:00** **Three on one**	**17:00-18:00** **Three on one**	**17:00-18:00** **CrossFit Intro** Denis	**18:00-19:00** **CrossFit Basic** Patrik	**18:30-19:30** **Three on one**	**19:00-20:00** **CrossFit** Denis	
TUESDAY	**6:00-7:00** **Reduction training** Denis	**7:05-8:05** **Ashtanga** Joga Tuli	**15:00-16:00** Reservation INTER		**17:00-18:00** **Pilates** Janka	**18:10-19:10** **Get in shape!** Maroš	**19:20-20:20** **Thaibox** Adrian			**18:00-19:00** HappySpinn Adriana	**7:00-8:00** **CrossFit** Denis terasa	**7:00-8:00** **Three on one**	**9:00-10:00** **Three on one**	**17:00-18:00** **Three on one**	**17:00-18:00** **Weightligting** Tono	**18:00-19:00** **CrossFit Basic** Patrik	**18:30-19:30** **Three on one**	**19:00-20:00** **CrossFit** Tibor	
WEDNESDAY	**6:30-7:30** **TRX** Lexa	**11:00-12:00** **Body Shape** Vierka	**14:00-15:00** **KidsCamp**	**15:10-16:10** Reservation Tennis	**17:00-18:00** **LatinoFIT** Lenka	**18:10-19:10** **TABATA** Tomáš	**19:20-20:20** **Ashtanga** Joga Tuli	**6:00-6:50** HappySpinn Adriana	**16:50-17:50** Reservation	**18:00-19:00** Spinning Katka	**7:00-8:00** **Traja na Jedného**	**7:00-8:00** **CrossFit** Tibor	**9:00-10:00** **Three on one**	**17:00-18:00** **Three on one**	**17:00-18:00** **CrossFit Intro** Patrik	**18:00-19:00** **CrossFit Basic** Patrik	**18:30-19:30** **Three on one**	**19:00-20:00** **CrossFit** Ondrej	
THURSDAY	**6:00-7:00** **Reduction training** Denis	**7:05-8:05** **Ashtanga** Joga Tuli			**17:00-18:00** **Pilates** Janka	**18:10-19:10** **Get in shape!** Michal	**19:20-20:20** **Thaibox** Adrian			**18:00-19:00** HappySpinn Adriana	**7:00-8:00** **CrossFit** Tibor	**7:00-8:00** **Three on one**	**9:00-10:00** **Three on one**	**17:00-18:00** **Three on one**	**17:00-18:00** **Weightligting** Ondrej	**17:00-18:00** **Gymnastics** Denis	**18:30-19:30** **Three on one**	**18:00-19:00** **CrossFit Basic** Patrik	**19:00-20:00** **CrossFit** Tibor
FRIDAY	**6:30-7:30** **TRX** Lexa	**11:00-12:00** **Body Shape** Vierka				**18:10-19:10** **Get in shape!** Maroš		**6:00-6:50** HappySpinn Adriana		**18:00-19:00** Spinning Peter	**7:00-8:00** **Three on one**	**7:00-8:00** **CrossFit** Tibor	**9:00-10:00** **Three on one**	**17:00-18:00** **Three on one**	**17:00-18:00** **CrossFit Intro** Patrik	**17:00-18:00** **Weightligting** Ondrej	**18:00-19:00** **CrossFit** Denis	**18:30-19:30** **Three on one**	
SATURDAY										**9:00-10:00** HappySpinn Peter		**10:00-11:00** **Three on one**		**17:00-18:00** **Three on one**		**18:30-19:30** **Three on one**			
SUNDAY						**18:20-19:20** **Get in shape!** Michal	**19:30-20:30** **Reduction training** Lenka			**9:00-10:00** HappySpinn Adriana		**10:00-11:00** **Three on one**		**17:00-18:00** **Three on one**			**18:30-19:30** **Three on one**		