

Schedule valid from 16.1.2020



FitCamp Drieňová																				
Hall for group exercise								Spinning				Gym Floor								
MONDAY				15:00-16:00	17:00-18:00	18:10-19:10		6:00-7:00		18:00-19:00		7:00-8:00	7:00-8:00	9:00-10:00	17:00-18:00	17:00-18:00	18:00-19:00	18:30-19:30	19:00-20:00	
				Reservation Hockey	LatinoFIT Lenka	TABATA Tomáš		HappySpinn Adriana		Spinning Katka		CrossFit Tibor	Three on one	Three on one	Three on one	CrossFit Intro Denis	CrossFit Basic Patrik	Three on one	CrossFit Denis	
TUESDAY	6:00-7:00	7:05-8:15			17:00-18:00	18:10-19:10	19:20-20:20			18:00-19:00	20:00-21:0	7:00-8:00	7:00-8:00	9:00-10:00	17:00-18:00	17:00-18:00	18:00-19:00	18:30-19:30	19:00-20:00	
	Reduction training Edo	Joga Mirka			Pilates Janka	Get in shapel Maroš	Thaiibox Adrian			HappySpinn Adriana	Spinn 90' Martin	CrossFit Denis	Three on one	Three on one	Three on one	Weightliting Tono	CrossFit Basic Patrik	Three on one	CrossFit Tibor	
WEDNESDAY	7:00-8:00	11:00-12:00	14:00-15:00	15:00-16:00	17:00-18:00	18:10-19:10	19:30-20:40	6:00-6:50	16:50-17:50	18:00-19:00	19:10-20:10	7:00-8:00	7:00-8:00	9:00-10:00	17:00-18:00	17:00-18:00	18:00-19:00	18:30-19:30	19:00-20:00	
	TRX Lexa	Body Shape Vierka ENG lang.	KidsCamp	Reservation Hockey	LatinoFIT Lenka	TABATA Tomáš	Joga Mirka	HappySpinn Adriana	Reservation	Spinning Katka	Reservation	CrossFit Tibor	Three on one	Three on one	Three on one	CrossFit Intro Patrik	CrossFit Basic Patrik	Three on one	CrossFit Ondrej	
THURSDAY	6:00-7:00	7:05-8:15		15:00-16:00	17:00-18:00	18:10-19:10	19:20-20:20			18:00-19:00	20:00-21:0	7:00-8:00	7:00-8:00	9:00-10:00	17:00-18:00	17:00-18:00	17:00-18:00	18:00-19:00	18:30-19:30	19:00-20:00
	Reduction training Dávid	Joga Mirka		Reservation Hockey	Pilates Janka	Get in shapel Michal	Thaiibox Adrian			HappySpinn Adriana	Spinn 90' Martin	CrossFit Tibor	Three on one	Three on one	Three on one	Weightliting Ondrej	Gymnastics Denis	CrossFit Basic Patrik	Three on one Tibor	
FRIDAY	7:00-8:00	11:00-12:00				18:10-19:10		6:00-6:50		18:00-19:00		7:00-8:00	7:00-8:00	9:00-10:00	17:00-18:00	17:00-18:00	17:00-18:00	18:00-19:00	18:30-19:30	
	TRX Lexa	Body Shape Vierka ENG lang.				Get in shapel Maroš		HappySpinn Adriana		Spinning Peter		CrossFit Tibor	Three on one	Three on one	Three on one	CrossFit Intro Denis	Weightliting Tono	CrossFit Denis	Three on one	
SATURDAY										9:00-10:00					17:00-18:00		18:30-19:30			
										HappySpinn Peter					Three on one		Three on one			
SUNDAY						18:20-19:20	19:30-20:30			9:00-10:00					17:00-18:00		18:30-19:30			
						Get in shapel Michal	Reduction training Lenka			HappySpinn Adriana					Three on one		Three on one			