

Aerobic - rozpis cvičení

	09:00	09:30	17:00	17:30	18:00	18:30	19:00
Monday	SILVA AE, Conditioning					IVETA Bodyforming	
Tuesday	IVETA 8:30 Bodyforming		SILVA Pilates		SILVA AE, Conditioning		*IVETA Slide
Wednesday	SILVA Max. Bodyforming			IVETA Bodyforming		IVETA P-class	
Thursday	IVETA 8:30 P-class			IVETA AE - PowerStep		SILVA Bodyforming	
Friday							
Saturday	SPECIAL EVENTS more information on tel. 541 638 255						
Sunday				*SILVA Bodyforming		IVETA AE, Conditioning	

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