

	Péntek	Szombat
10:00 - 10:45	–	Indoor Cycling (<i>Kata</i>)
11:00 - 11:45	–	Beach body project / alakformáló (<i>Kata</i>)
12:00 - 12:45	–	Indoor Cycling (<i>Miki</i>)
15:00-15:45	Indoor Cycling (<i>Kata</i>)	Pilates&stretching (<i>Kata</i>)
16:00-16:45	Indoor Cycling (<i>Miki</i>)	Indoor Cycling (<i>Miki</i>)
17:00-17:45	Stretching (<i>Kata</i> - party hangulatban)	Techno jóga (<i>Kata</i> - party hangulatban)

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