



Aupark - Indoor Cycling (16.10. - 22.10.)

22.10.2017 00:01:09

GMT +1	Pondelok	Utorok	Streda	Štvrtok	Piatok	Sobota	NedeĽa
06:00							
06:30							
07:00							
07:30		INDOOR CYC 07:00 - 08:00 Martin Fides		INDOOR CYC 07:00 - 08:00 Martin Fides			
08:00							
08:30			Gravidity 08:00 - 09:00 Jaroslav Nos				
09:00							
09:30							INDOOR CYC 09:00 - 10:00 Mojmír Proc
10:00							
10:30							
11:00							
11:30							
12:00							
12:30		INDOOR CYC 12:00 - 12:55 Hana Štepan		INDOOR CYC 12:00 - 13:00 Hana Štepan			
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00	Gravidity 16:30 - 17:30 Hena Aver.						
17:30							
18:00	OVERBALL 17:30 - 18:30 Darina Trste	INDOOR CYC 17:30 - 18:30 Vierka Parka	PortDeBras 17:30 - 18:30 Vlada Juriš	INDOOR CYC 17:30 - 18:30 Slávka Held	PILOXING® 17:30 - 18:30 Kika Pap.		
18:30							
19:00	INDOOR CYC 18:30 - 19:30 Hana Štepan	INDOOR CYC 18:30 - 19:30 Jana Ricova	INDOOR CYC 18:30 - 19:30 Jana Ricova	INDOOR CYC 18:30 - 19:30 Jana Ricova			
19:30							DEEPWORK® 19:00 - 20:00 Veronika Iva
20:00							
20:30							
21:00							
21:30							
22:00							

Aupark - Veľká Sála (16.10. - 22.10.)

22.10.2017 00:01:09

GMT +1	Ponelok	Utorok	Streda	Štvrtok	Piatok	Sobota	Nedeľa
06:00							
06:30							
07:00							
07:30	SOM@trén 07:00 - 08:00 Veronika Wal	AY Fly Tra 07:00 - 08:00 Zuzana Ružo	SOM@trén 07:00 - 08:00 Saša Tittel	BODYPUMP® 07:00 - 08:00 Hena Aver.			
08:00							
08:30							
09:00							
09:30		BODYWORK 09:00 - 10:00 Iveta Knotek		BODYWORK 09:00 - 10:00 Iveta Knotek			
10:00							
10:30						Pump FX 10:00 - 11:00 Vlaďa Vymet	
11:00							
11:30		Circle tra 11:00 - 12:00 Dávid Horňák					
12:00							
12:30							
13:00			Pilates Dy 12:30 - 13:30 Danka Adamcová				
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00		Chrbát be 16:30 - 17:30		Chrbát be 16:30 - 17:30			
17:30	BODYWORK 17:00 - 18:00 Danka Adamcová	BODYPUMP® 17:00 - 18:00 Veronika Šk	FITDANCE 17:00 - 18:00 Zuzana Bedna	BODYPUMP® 17:00 - 18:00 Veronika Šk	BODYPUMP® 17:00 - 18:00 Hena Aver.		
18:00							
18:30	BODYPUMP® 18:00 - 19:00 Hena Aver.	SOM@trén 18:00 - 19:00 Mia Petrušk	Pump FX 18:00 - 19:00 Lucia Medeko	SOM@trén 18:00 - 19:00 Mia Petrušk			BODYPUMP® 18:00 - 19:00 Hena Aver.
19:00							
19:30	Jumping® 19:00 - 20:00 zaskok aupar		Jumping® 19:00 - 20:00 Miska Domče	BODYFIGHT 19:00 - 20:00 Adriana Slá			SOM@trén 19:00 - 20:00 Mia Petrušk
20:00							
20:30	DANCEHALL 20:00 - 21:00 Aron Mitu			AY Fly Tra 20:00 - 21:00 Zuzana Ružo			
21:00							
21:30							
22:00							



Aupark - Performance (16.10. - 22.10.)

22.10.2017 00:01:09

GMT +1	Pondelok	Utorok	Streda	Štvrtok	Piatok	Sobota	NedeĽa
06:00							
06:30							
07:00			HIIT 06:30 - 07:30 Šimon Chudá	Kruhový t 06:30 - 07:30 Šimon Chudá			
07:30	HIIT 07:00 - 08:00 Michal Bezec	Kruhový t 07:00 - 08:00 Marek Gajdá			TABATA 07:00 - 08:00 Michal Harš		
08:00							
08:30							
09:00							
09:30							CORE&ABS 09:00 - 10:00 Adam Pípiš
10:00							
10:30							
11:00	CROSS TO F 10:30 - 11:30 Boris Krakov		CROSS TO F 10:30 - 11:30 Boris Krakov		CROSS TO F 10:30 - 11:30 Boris Krakov		
11:30							
12:00							
12:30							
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30							
17:00							
17:30		HIIT 17:00 - 18:00 Jakub Hrubov		Kruhový t 17:00 - 18:00 Marek Gajdá			
18:00							
18:30	TABATA 18:00 - 19:00 Jakub Hrubov		CORE&ABS 18:00 - 19:00 Michal Harš				
19:00							
19:30		TRX 19:00 - 20:00 Adam Pípiš		TRX 19:00 - 20:00 Jaroslav Nos			
20:00							
20:30							
21:00							
21:30							
22:00							