



Aupark - Indoor Cycling (12.11. - 18.11.)

16.11.2018 00:01:17

| 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 | | | | | | | |
| 09:00 | | | | | | | INDOOR CYC 08:30 - 10:00 Mojmír Proc |
| 09:30 | | | | | | | |
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| 10:30 | | | | | | | |
| 11:00 | | | | | | | |
| 11:30 | | | | | | | |
| 12:00 | | | | | | | |
| 12:30 | | INDOOR CYC 12:00 - 13:00 Hana Štepan | | INDOOR CYC 12:00 - 13:00 Hana Štepan | | | |
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| 16:00 | | | | | | | |
| 16:30 | | | | | | | |
| 17:00 | Overball 16:30 - 17:30 Diana Madara | Chrbát be 16:30 - 17:30 Palo Silanic | Overball 16:30 - 17:30 Diana Madara | Chrbát be 16:30 - 17:30 Palo Silanic | | | |
| 17:30 | | | | | | | |
| 18:00 | DEEPWORK 17:30 - 18:30 Lucia Pečia | INDOOR CYC 17:30 - 18:30 Vierka Parka | POWER JOGA 17:30 - 18:30 Hena Averis | INDOOR CYC 17:30 - 18:30 Janka Ricova | PILOXING® 17:30 - 18:30 Kika Pappov | | |
| 18:30 | | | | | | | |
| 19:00 | INDOOR CYC 18:30 - 19:30 Slávka Held | INDOOR CYC 18:30 - 19:30 Janka Ricova | INDOOR CYC 18:30 - 19:30 Lucia Michal | INDOOR CYC 18:30 - 19:30 Janka Ricova | | | |
| 19:30 | | | | | | | |
| 20:00 | POWER JOGA 19:30 - 20:30 Hena Averis | HATHA JOGA 19:30 - 20:30 Adriána Mic | PortDeBras 19:30 - 20:30 Oksana Perep | BODYART 19:30 - 20:30 Lucia Pečia | | | |
| 20:30 | | | | | | | |
| 21:00 | | | | | | | |
| 21:30 | | | | | | | |
| 22:00 | | | | | | | |



Aupark - Večková Sála (12.11. - 18.11.)

16.11.2018 00:01:18

| GMT +1 | Pondelok | Utorok | Streda | Štvrtok | Piatok | Sobota | Nedeľa |
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| 06:00 | | | | | | | |
| 06:30 | | | | | | | |
| 07:00 | | | | | | | |
| 07:30 | SOM@trén 07:00 - 08:00 Romana | AY Fly Tra 07:00 - 08:00 Zuzana Ružo | | | | | |
| 08:00 | | | | | | | |
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| 09:00 | | | | | | | |
| 09:30 | | | | | | | |
| 10:00 | | | | | | | |
| 10:30 | | BODYWORK 10:00 - 11:00 Iveta Knotek | | BODYWORK 10:00 - 11:00 Iveta Knotek | | | |
| 11:00 | | | | | | | |
| 11:30 | | | | | | | |
| 12:00 | Pilates 11:30 - 12:30 Iveta Knotek | | Pilates 11:30 - 12:30 Iveta Knotek | | | | |
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| 16:00 | | | | | | | |
| 16:30 | | | | LATINO FIT 16:00 - 17:00 Erika Králo | | | |
| 17:00 | | | | | | | |
| 17:30 | BODYCOMBAT 17:00 - 18:00 Veronika Šk | BODYPUMP® 17:00 - 18:00 Veronika Šk | BODYCOMBAT 17:00 - 18:00 Lenka Vyšn | BODYPUMP® 17:00 - 18:00 Veronika Šk | BODYPUMP® 17:00 - 18:00 Hena Averis | | |
| 18:00 | | | | | | | |
| 18:30 | BODYPUMP® 18:00 - 19:00 Hena Averis | SOM@trén 18:00 - 19:00 Mia Petrušk | ZUMBA® 18:00 - 19:00 Juri Novotn | SOM@trén 18:00 - 19:00 Mia Petrušk | BODYCOMBAT 18:00 - 19:00 Veronika Šk | | BODYPUMP® 18:00 - 19:00 Hena Averis |
| 19:00 | | | | | | | |
| 19:30 | Strong By 19:00 - 20:00 Kristína OI | Jumping® 19:00 - 20:00 Andrea Mráz | BODYPUMP® 19:00 - 20:00 Hena Averis | Jumping® 19:00 - 20:00 Petra Janigo | Strong By 19:00 - 20:00 Kristína OI | | SOM@trén 19:00 - 20:00 Mia Petrušk |
| 20:00 | | | | | | | |
| 20:30 | TWERKOUT 20:00 - 21:00 Simona Horv | | | AY Fly Tra 20:00 - 21:00 Zuzana Ružo | | | |
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| 22:00 | | | | | | | |



Aupark - Performance (12.11. - 18.11.)

16.11.2018 00:01:18

| GMT +1 | Pondelok | Utorok | Streda | Štvrtok | Piatok | Sobota | NedeĽa |
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| 06:00 | | | | | | | |
| 06:30 | | | | | | | |
| 07:00 | | | HIIT 06:30 - 07:30 Jakub Hrubov | Kruhový t 06:30 - 07:30 Šimon ChudĽ | | | |
| 07:30 | HIIT 07:00 - 08:00 Michal Bezec | Kruhový t 07:00 - 08:00 Marek GajdĽ | | | TABATA 07:00 - 08:00 Marek GajdĽ | | |
| 08:00 | | | | | | | |
| 08:30 | | | Kruhový t 08:00 - 09:00 Jaroslav Nos | | | | |
| 09:00 | | | | | | | |
| 09:30 | | | | | | | CORE&ABS 09:00 - 10:00 Adam PĽpĽš |
| 10:00 | | | | | | | |
| 10:30 | | | | | | | |
| 11:00 | CROSS TO F 10:30 - 11:30 Boris Krakov | | CROSS TO F 10:30 - 11:30 Jakub Hrubov | | CROSS TO F 10:30 - 11:30 Boris Krakov | | |
| 11:30 | | Circle tra 11:00 - 12:00 Michal Harš | | Circle tra 11:00 - 12:00 DĽavid HorĽ | | | |
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| 17:00 | | | | | | | |
| 17:30 | Kruhový t 17:00 - 18:00 Tomáš Jaku | HIIT 17:00 - 18:00 Jakub Hrubov | Kruhový t 17:00 - 18:00 Tomáš Jaku | Kruhový t 17:00 - 18:00 DĽavid HorĽ | | | |
| 18:00 | | | | | | | |
| 18:30 | TABATA 18:00 - 19:00 Jakub Hrubov | | CORE&ABS 18:00 - 19:00 DĽavid HorĽ | | | | |
| 19:00 | | | | | | | |
| 19:30 | UCR Trenin 19:00 - 20:00 Jany Landl | TRX 19:00 - 20:00 Adam PĽpĽš | | TRX 19:00 - 20:00 Jaroslav Nos | | | |
| 20:00 | | | | | | | |
| 20:30 | | | | | | | |
| 21:00 | | | | | | | |
| 21:30 | | | | | | | |
| 22:00 | | | | | | | |