

# Studio timetable Premium Anděl

## Pondělí/Monday

čas	lekce	studio
7.20 - 8.20	Pilates	1
9.00 - 10.00	Healthy back	1
10.00 - 10.30	CXWORX™	1
11.00 - 12.00	BODYBALANCE™	1
12.00 - 13.15	Vinyása joga	1
13.30 - 14.30	Problem zones	1
16.45 - 17.00	ABS training	1
17.00 - 18.00	Zumba	1
17.00 - 17.45	TRX	2
17.45 - 18.00	ABS training	2
18.00 - 19.00	Ashtanga joga	1
18.00 - 19.00	Hill	2
19.00 - 20.00	BODYPUMP®	1
20.00 - 20.30	CXWORX™	1

## Úterý/Tuesday

čas	lekce	studio
7.20 - 8.20	BODYBALANCE™	1
7.20 - 8.20	Fartlek	2
9.30 - 10.00	CXWORX™	1
10.00 - 11.00	BODYBALANCE™	1
11.00 - 12.00	Zumba	1
12.00 - 12.45	BODYPUMP®	1
12.45 - 13:15	CXWORX™	1
16.45 - 17.00	ABS training	1
17.00 - 18.00	Zumba	1
17.00 - 17.45	Functional training	2
18.00 - 19.00	BODYCOMBAT®	1
18.45 - 19.00	ABS training	2
19.00 - 19.30	CXWORX™	1
19.30 - 20.30	Pilates	1

## Středa/Wednesday

čas	lekce	studio
7.15 - 8.00	TRX	2
7.20 - 8.20	Chitoning	1
9.00 - 10.00	BODYPUMP®	1
10.00 - 10.30	CXWORX™	1
11.00 - 12.00	Zumba	1
12.00 - 13.15	Vinyása joga	1
16.45 - 17.00	ABS training	1
17.00 - 18.00	BODYPUMP®	1
17.55 - 18.40	TRX	2
18.00 - 18.30	CXWORX™	1
18.30 - 19.30	Power joga	1
18.45 - 19.00	ABS training	2
19.00 - 20.00	Functional training	2
19.30 - 20.30	BODYBALANCE™	1

## Čtvrtek/Thursday

čas	lekce	studio
7.20 - 8.20	BODYBALANCE™	1
7.20 - 8.20	Outdoor run	2
9.00 - 10.00	Zumba	1
10.00 - 11.00	BODYPUMP®	1
11.00 - 11.30	CXWORX™	1
12.00 - 13.00	Fitjazz	1
13.00 - 14.00	Power joga	1
16.45 - 17.00	ABS training	1
17.00 - 18.00	BODYBALANCE™	1
17.00 - 17.45	TRX	2
17.45 - 18.00	ABS training	2
18.00 - 19.00	BODYPUMP®	1
18.00 - 19.00	Functional training	2
19.00 - 19.30	CXWORX™	1
19.30 - 20.30	BODYCOMBAT®	1

## Pátek/Friday

čas	lekce	studio
7.20 - 8.20	Pilates	1
9.00 - 10.00	Functional training	2
10.00 - 11.00	Cardio body	1
11.00 - 12.00	Fitjazz	1
12.00 - 12.45	BODYCOMBAT®	1
12.45 - 13:15	CXWORX™	1
14.00 - 15.00	ABS + stretch	1
16.45 - 17.00	ABS training	1
17.00 - 18.00	Ashtanga joga	1
18.00 - 19.00	Zumba	1
18.45 - 19.00	ABS training	2

## Sobota/Saturday

čas	lekce	studio
10.00 - 11.00	Zumba	1
11.00 - 12.00	BODYPUMP®	1
12.00 - 12.30	CXWORX™	1
13.00 - 17.00	Intenzivní kurzy HPA	1
17.45 - 18.00	ABS training	2
18.00 - 18.30	CXWORX™	1

## Neděle/Sunday

čas	lekce	studio
9.15 - 10.00	TRX	2
10.00 - 11.00	Pilates	1
11.00 - 12.00	BODYPUMP®	1
12.00 - 13.00	BODYBALANCE™	1
13.00 - 17.00	Intenzivní kurzy HPA	1
17.45 - 18.00	ABS training	2
18.00 - 19.00	Pilates	1
18.00 - 19.00	Fatburning ride	2
19.00 - 20.00	BODYPUMP®	1
20.00 - 20.30	CXWORX™	1

## Legenda/Legend

Timetable validity:  
2.1. - 1.4. 2012

The most actual information you will find on  
our web site

[www.holmesplace.cz/premium/andel](http://www.holmesplace.cz/premium/andel)  
in section "aktuální rozvrh"

Hill, Fartlek, Fatburning ride, Extreme ride  
= X-bike koncept

Holmes Place Academy courses  
[www.holmesplaceacademy.cz](http://www.holmesplaceacademy.cz)  
Hot link: 773 111 777

LES MILLS  
BODYPUMP®

LES MILLS  
BODYCOMBAT®

LES MILLS  
BODYBALANCE™

LES MILLS  
CXWORX™

