

# Studio timetable Energy Smíchov

Pondělí/Monday			Úterý/Tuesday			Středa/Wednesday			Čtvrtek/Thursday		
čas	lekce	studio	čas	lekce	studio	čas	lekce	studio	čas	lekce	studio
7:00-8:00	Fatburning ride	1	7:00-8:00	Fartlek	1	7:00-8:00	Fatburning ride	1	7:00-8:00	Extreme ride	1
9:00-10:00	Extreme ride	1	7:00-8:00	BODYBALANCE™	3	7:00-8:00	BODYPUMP®	2	7:30-8:00	Problem zones	PP
9:00-10:00	BODYBALANCE™	3	7:00-7:30	Problem zones	PP	8:00-9:00	Fartlek	1	9:00-10:00	BODYPUMP®	2
9:00-9:30	Problem zones	PP	9:00-10:00	Fatburning ride	1	9:00-10:00	Power joga	3	9:00-10:00	Vinyása yoga	3
9:30-9:45	ABS training	Gym	9:00-10:00	Ashtanga joga	3	9:00-9:30	Problem zones	PP	9:30-10:00	Problem zones	PP
10:00-10:30	Power Plate massage	PP	9:00-10:00	Functional training	4	9:30-10:00	Circuit training	PP	9:30-9:45	ABS training	Gym
11:00-12:00	Pilates	3	9:30-9:45	ABS training	Gym	9:30-9:45	ABS training	Gym	10:00-11:00	Fatburning ride	1
11:30-12:30	BODYPUMP®	2	9:30-10:00	Problem zones	PP	10:00-11:30	Meditace	3	10:00-11:00	Gravid joga	3
12:00-13:00	Power joga	3	10:00-10:30	Circuit training	PP	10:00-10:30	Problem zones	PP	10:00-10:30	Circuit training	PP
12:00-12:30	Problémové partie	PP	10:30-11:30	P-class	2	11:30-12:30	P-class	2	10:30-11:30	P-class	2
12:30-13:00	CXWORX™	2	10:30-11:30	Aqua fitness	Bazén	12:00-13:00	Fatburning ride	1	11:00-12:00	Pilates	3
14:45-15:45	Zongláz	4	11:30-12:30	Bodystyling	2	12:00-13:00	BODYBALANCE™	3	12:00-14:30	Tantra joga	3
16:00-16:15	ABS training	Gym	11:30-12:30	Aqua pregnant	Bazén	12:00-12:30	Circuit training	PP	16:00-16:15	ABS training	Gym
16:15-17:15	Pilates	3	12:00-13:00	Power joga	3	15:00-16:00	Kickbox děti	4	16:30-17:30	Bodystyling	2
16:45-17:45	Fartlek	1	16:00-17:00	Salsa fitness	2	16:00-17:00	Kickbox dospělí	4	17:00-17:30	Problem zones	PP
17:00-18:00	Bodystyling	2	16:00-16:15	ABS training	Gym	16:00-16:15	ABS training	Gym	17:15-18:15	Hatha joga	3
17:15-18:15	Power joga	3	16:15-17:15	BODYBALANCE™	3	16:45-17:45	Extreme ride	1	17:30-18:00	CXWORX™	2
17:45-18:45	Fatburning ride	1	17:00-18:00	Bodystyling	2	17:00-18:00	BODYPUMP®	2	17:30-18:00	Functional training	PP
18:00-19:00	BODYPUMP®	2	17:00-17:30	Circuit training	PP	17:00-18:00	Fit kickbox	4	17:45-18:45	Fartlek	1
18:00-19:00	Functional training	4	17:15-18:15	Pilates	3	17:15-18:15	BODYBALANCE™	3	18:00-19:00	Dance aerobik	2
18:00-18:30	Circuit training	PP	17:30-18:00	Problem zones	PP	17:45-18:45	Fatburning ride	1	18:00-19:00	Aqua aerobik	Bazén
18:00-18:15	ABS training	Gym	17:45-18:45	Extreme ride	1	18:00-19:00	Dance aerobik	PP	18:00-18:30	Problem zones	PP
18:15-19:15	Pilates in English	3	17:45-18:45	Zongláz	4	18:00-19:00	Sebeobrana pro ženy	4	18:00-18:15	ABS training	Gym
18:30-19:00	Problem zones	PP	18:00-19:00	Dance aerobik	2	18:00-18:30	Functional training	PP	18:15-19:45	Vinyása yoga	3
18:45-19:45	Hill	1	18:00-18:30	Problem zones	PP	18:00-18:15	ABS training	Gym	18:30-19:00	Circuit training	PP
19:00-20:00	Dance aerobik	2	18:00-18:15	ABS training	Gym	18:15-19:15	Power joga	3	18:45-19:45	Fatburning ride	1
19:00-20:00	Aqua fitness	bazén	18:15-19:15	Power joga	3	18:30-19:00	Problem zones	PP	19:00-20:00	BODYPUMP®	2
19:00-19:30	Circuit training	PP	18:30-19:00	Circuit training	PP	18:45-19:45	Hill	1	19:00-19:30	Problem zones	PP
19:15-20:15	BODYBALANCE™	3	18:45-19:45	Fatburning ride	1	19:00-19:30	CXWORX™	2	20:00-21:00	Kurz BODYCOMBAT®	2
19:30-20:00	Problem zones	PP	18:45-19:45	Functional training	4	19:00-19:30	Power Plate massage	PP			
20:00-21:00	Kurz BODYPUMP®	2	19:00-19:30	CXWORX™	2	19:15-20:15	Pilates	3			
20:15-21:15	MTV dance	3	19:00-20:00	Aqua fitness	Bazén	19:30-20:30	BODYCOMBAT®	2			
			19:00-19:30	Functional training	PP	19:30-20:00	Problem zones	PP			
			19:30-20:30	BODYCOMBAT®	2	19:45-20:45	Fatburning ride	1			
						20:00-20:30	Functional training	PP			
						20:15-21:15	Kurz BODYBALANCE™	3			



Pátek/Friday			Sobota/Saturday			Neděle/Sunday		
čas	lekce	studio	čas	lekce	studio	čas	lekce	studio
7:00-8:00	Fatburning ride	1	9:00-10:00	Extreme ride	1	9:00-10:00	Hill	1
7:00-8:00	BODYBALANCE™	3	9:00-10:00	P-class	3	9:00-10:00	BODYPUMP®	2
9:00-10:00	Fartlek	1	9:00-10:00	Power joga	3	9:00-10:30	Power joga	3
9:00-10:00	Parents with children 1,5-4	2	10:00-11:00	Fatburning ride	1	10:00-11:00	Pregnant	2
9:00-10:00	Chitoning	3	10:00-11:00	BODYBALANCE™	3	10:00-10:15	ABS training	Gym
9:00-9:30	Problem zones	PP	10:00-10:30	Circuit training	PP	10:30-11:30	Power joga	3
9:30-9:45	ABS training	Gym	10:00-10:15	ABS training	Gym	11:00-11:30	Babies	2
10:00-11:00	Zumba basic	2	10:30-11:00	Problem zones	PP	16:00-17:00	BODYPUMP®	2
10:00-11:00	Power joga	3	11:30-12:30	BODYCOMBAT®	2	16:00-17:00	Pilates	3
10:00-10:30	Problem zones	PP	18:00-18:15	ABS training	Gym	16:30-17:00	Functional training	PP
11:00-11:45	Hrátky s bubny	2	20:00-20:15	ABS training	Gym	17:00-18:00	BODYCOMBAT®	2
11:45-12:30	Aqua pregnant	Bazén				17:00-17:30	Problem zones	PP
12:00-13:00	Extreme ride	1				18:00-19:00	Fatburning ride	1
12:00-13:00	Healthy back	3				18:00-18:30	CXWORX™	2
12:30-13:30	Aqua fitness	Bazén				18:00-19:00	Aqua fitness	Bazén
14:00-15:00	Functional training	4				18:00-18:15	ABS training	Gym
16:00-16:15	ABS training	Gym				18:30-19:30	Dance aerobik	2
17:00-18:00	Kick sparring	4				20:00-20:15	ABS training	Gym
17:30-18:30	BODYPUMP®	2						
17:30-19:00	Power joga	3						
17:45-18:45	Hill	1						
18:00-18:30	Problem zones	PP						
18:00-18:15	ABS training	Gym						
18:30-19:00	CXWORX™	2						
18:30-19:00	Circuit training	PP						
19:00-20:30	Zumba	2						
19:00-20:00	Aqua aerobik	Bazén						

## Legenda/Legend

Timetable validity:  
2.1. - 1.4. 2012

The most actual information  
you will find on our web site  
[www.holmesplace.cz/energy/smichov](http://www.holmesplace.cz/energy/smichov)  
in section "on-line rezervace"

Hill, Fartlek, Fatburning ride, Extreme ride  
= Spinning concept

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

Power Plate classes single entry:  
150 Kč member, 250 Kč card  
Reservation on-line!

**LES MILLS**  
**CXWORX™**

**LES MILLS**  
**BODYBALANCE™**

**LES MILLS**  
**BODYPUMP®**

**LES MILLS**  
**BODYCOMBAT®**

# Studio timetable Energy Černý most

Pondělí/Monday			Úterý/Tuesday			Středa/Wednesday			Čtvrtek/Thursday		
čas	lekce	studio	čas	lekce	studio	čas	lekce	studio	čas	lekce	studio
8.00 - 9.00	Gyro method	4	9.00 - 10.00	Extreme ride	1	8.00 - 9.00	Pilates	4	8.00 - 9.00	BODYBALANCE™	4
8.30 - 9.00	Circuit training	PP	9.00 - 10.00	P-class	2	9.00 - 10.00	Fatburning ride	1	8.30 - 9.00	Problem zones	PP
9.00 - 10.00	Fatburning ride	1	9.00 - 10.00	BODYBALANCE™	4	9.00 - 10.00	P-class	2	9.00 - 10.00	Fatburning ride	1
9.00 - 10.15	Pilates	2	9.00 - 9.30	Circuit training	PP	9.00 - 10.00	BODYBALANCE™	4	9.00 - 9.30	CXWORX™	2
9.00 - 10.00	Bosu body	4	10.00 - 11.00	BODYPUMP®	3	9.00 - 9.30	Problem zones	PP	9.00 - 10.00	Power joga	4
9.00 - 9.30	Problem zones	PP	10.00 - 11.00	Power joga	4	9.30 - 10.00	Problem zones	PP	9.00 - 9.30	Power Plate Cardio	PP
9.30 - 10.00	Power Plate Cardio	PP	10.00 - 10.30	Problem zones	PP	10.00 - 10.45	Parents with children	2	10.00 - 10.30	Circuit training	PP
10.00 - 10.15	ABS training	Gym	10.00 - 10.15	ABS training	Gym	10.00 - 10.15	ABS training	Gym	10.00 - 10.15	ABS training	Gym
10.30 - 11.00	CXWORX™	2	16.00 - 16.15	ABS training	Gym	11.00 - 12.00	Aqua aerobik	bazén	10.15 - 11.15	Fitball	4
16.00 - 16.15	ABS training	Gym	17.00 - 18.00	P-class	2	16.00 - 16.15	ABS training	Gym	16.00 - 16.15	ABS training	Gym
17.00 - 17.45	Zumba Kids	3	17.00 - 18.00	Healthy back	4	16.30 - 17.30	Sport.připrava DĚTI	3	17.15 - 18.15	Fartlek	1
17.00 - 18.00	Bosu body	4	17.15 - 18.15	Fartlek	1	17.00 - 18.00	Bodystyling	2	17.15 - 18.15	Bodystyling	3
17.15 - 18.15	Fatburning ride	1	18.00 - 19.00	Zumba	2	17.00 - 18.00	Power joga	4	17.30 - 18.00	CXWORX™	2
17.30 - 18.00	CXWORX™	2	18.00 - 19.00	Aqua fitness	bazén	17.15 - 18.15	Hill	1	17.30 - 18.00	Circuit training	PP
17.30 - 18.00	Problem zones	PP	18.00 - 18.30	Problem zones	PP	17.45 - 18.45	BODYPUMP®	3	18.00 - 19.00	Dance aerobik	2
18.00 - 19.00	Pregnant (not only)	3	18.00 - 18.15	ABS training	Gym	18.00 - 18:30	CXWORX™	2	18.00 - 19.00	Aqua fitness	bazén
18.00 - 19.00	Bodystyling	2	18.15 - 19.15	Fatburning ride	1	18.00 - 19.00	Salsa/latina	4	18.00 - 18.30	Problem zones	PP
18.00 - 19.00	BODYBALANCE™	4	18.30 - 19.00	Power Plate Cardio	PP	18.00 - 18.15	ABS training	Gym	18.00 - 18.15	ABS training	Gym
18.00 - 18.30	Circuit training	PP	19.00 - 19.30	CXWORX™	2	18.15 - 19.15	Fatburning ride	1	18.15 - 19.15	BODYPUMP®	3
18.00 - 18.15	ABS training	Gym	19.00 - 20.00	Pilates	4	18.30 - 19.30	Zumba	2	18.30 - 19.00	Circuit training	PP
18.15 - 19.15	Extreme ride	1	19.30 - 20.30	Bodystyling (EMP)	2	18.30 - 19.00	Problem zones	PP	19.00 - 20.00	Step class	2
19.00 - 20.00	Zumba body	2	20.00 - 20.15	ABS training	Gym	18.45 - 19.45	BODYCOMBAT®	3	19.00 - 20.00	Healthy back	4
19.00 - 20.15	Dynamic joga	4				19.00 - 20.00	BODYBALANCE™	4	20.00 - 20.15	ABS training	Gym
20.00 - 20.15	ABS training	Gym				19.00 - 19.30	Circuit training	PP			
						20.00 - 20.15	ABS training	Gym			
Pátek/Friday			Sobota/Saturday			Neděle/Sunday			Legenda/Legend		
čas	lekce	studio	čas	lekce	studio	čas	lekce	studio			
8.00 - 9.00	Hill	1	9.00 - 10.00	P-class	2	9.00 - 10.00	Power joga	4	Timetable validity: 2.1. - 1.4. 2012		
9.00 - 10.00	Pilates	4	9.00 - 10.00	Healthy back	4	9.15 - 10.15	Fartlek	1	The most actual information you will find on our web site		
9.00 - 9.30	Problem zones	PP	9.00 - 9.30	Circuit training	PP	9.30 - 10.00	Problem zones	PP	<a href="http://www.holmesplace.cz/energy/cerny-most">www.holmesplace.cz/energy/cerny-most</a> in section "aktuální rozvrh"		
9.30 - 10.00	Circuit training	PP	9.15 - 10.15	Fatburning ride	1	10.00 - 10.30	Circuit training	PP	Hill, Fartlek, Fatburning ride, Extreme ride = X-bike/spinning koncept		
10.00 - 10.45	Parents with children	2	9.30 - 10.00	Problem zones	PP	10.00 - 11.00	BODYPUMP®	3	Holmes Place Academy courses <a href="http://www.holmesplaceacademy.cz">www.holmesplaceacademy.cz</a> Hot link: 773 111 777		
10.00 - 11.00	Zumba	3	10.00 - 11.00	Dance aerobik	2	10.00 - 10.15	ABS training	Gym	Power Plate classes single entry: 125 Kč member, 150 Kč card Reservation at the reception!		
10.00 - 11.00	Pilates after the birth	4	10.00 - 11.00	BODYCOMBAT®	3	16.00 - 16.15	ABS training	Gym			
10.00 - 10.15	ABS training	Gym	10.00 - 10.15	ABS training	Gym	17.00 - 18.00	Fatburning ride	1			
10.45 - 11.30	Parents with children	2	16.00 - 16.15	ABS training	Gym	18.00 - 19.00	BODYPUMP®	3			
12.00 - 13.00	Aqua aerobik	bazén	18.00 - 18.15	ABS training	Gym	18.00 - 19.00	Pilates	4			
16.00 - 16.15	ABS training	Gym	20.00 - 20.15	ABS training	Gym	18.00 - 19.00	Aqua fitness	bazén			
17.00 - 18.00	Bodystyling	2				18.00 - 18.30	Problem zones	PP			
17.15 - 18.15	Hill	1				18.00 - 18.15	ABS training	Gym			
17.45 - 18.45	BODYPUMP®	3				18.30 - 19.00	Circuit training	PP			
18.00 - 19.00	Zumba	2				20.00 - 20.15	ABS training	Gym			
18.00 - 18.15	ABS training	Gym									
19.00 - 20.00	Power joga	4									
20.00 - 20.15	ABS training	Gym									

