

ROZVRH STUDIO ENERGY SMÍCHOV

HOLMES PLACE

Studio timetable Energy Smíchov

PONDĚLÍ/MONDAY			ÚTERÝ/TUESDAY			STŘEDA/WEDNESDAY			ČTVRTEK/THURSDAY			PÁTEK/FRIDAY		
čas/time	lekce/lesson	studio	čas/time	lekce/lesson	studio	čas/time	lekce/lesson	studio	čas/time	lekce/lesson	studio	čas/time	lekce/lesson	studio
7:00-8:00	Indoor cycling	1	7:00-8:00	Indoor cycling	1	7:00-8:00	Indoor cycling	1	7:00-8:00	Indoor cycling	1	7:00-8:00	Indoor cycling	1
9:00-10:00	Indoor cycling	1	7:00-8:00	BODYBALANCE™	3	7:00-8:00	BODYPUMP®	2	9:00-10:00	Vinyasa yoga	3	7:00-8:00	BODYBALANCE™	3
9:30-9:45	ABS XPRESS	Gym	9:00-10:00	Indoor cycling	1	8:00-9:00	Indoor cycling	1	9:30-9:45	ABS XPRESS	Gym	9:00-9:30	Problémové partie	PP
11:00-12:00	Plates	3	9:00-10:00	Ashanga joga	3	9:00-9:30	Problémové partie	PP	10:00-10:30	Reduce	PP	9:00-10:00	Plates	3
11:30-12:30	BODYPUMP®	2	9:00-10:00	Funkční trénink	4	9:30-9:45	ABS XPRESS	Gym	10:00-11:00	Indoor cycling	1	9:00-10:00	Indoor cycling	1
12:00-13:00	Power joga	3	9:30-9:45	ABS XPRESS	Gym	10:00-10:30	Problémové partie	PP	10:00-11:00	Gravid joga	3	9:30-9:45	ABS XPRESS	Gym
12:00-12:30	Problémové partie	PP	10:30-11:30	P-class	2	10:00-11:00	PodDeBras	3	10:30-11:30	P-class	2	10:00-11:00	BODYPUMP®	2
12:30-13:00	CKWORX™	2	10:30-11:30	Aqua fitness	Bazén	11:30-12:30	P-class	2	11:00-12:00	BODYBALANCE™	3	10:00-11:00	Power joga	3
15:00-15:30	Reduce	PP	11:30-12:30	Bodystyling	2	11:45-12:45	Aqua kickbox	Bazén	12:30-13:30	BODYPUMP®	2	12:30-13:30	Aqua těhotné	Bazén
16:00-16:15	ABS XPRESS	Gym	11:30-12:30	Aqua těhotné	Bazén	12:00-12:30	Reduce	PP	16:00-16:15	ABS XPRESS	Gym	12:00-12:30	Problémové partie	PP
16:15-17:15	Plates	3	12:00-12:30	Reduce	PP	12:00-12:45	Indoor cycling	1	16:30-17:30	Bodystyling	2	12:00-12:45	Indoor cycling	1
16:30-17:00	Reduce	PP	12:00-13:00	Power joga	3	12:00-13:00	BODYBALANCE™	3	17:00-17:30	Reduce	PP	12:30-13:30	Aqua fitness	Bazén
16:45-17:45	Indoor cycling	1	14:30-15:00	Reduce	PP	15:30-16:00	Reduce	PP	17:15-18:15	Hatha joga	3	14:00-15:00	Funkční trénink	4
16:45-17:45	Bodystyling	2	16:00-16:15	ABS XPRESS	Gym	16:00-16:15	ABS XPRESS	Gym	17:30-18:00	CKWORX™	2	16:00-16:15	ABS XPRESS	Gym
17:15-18:15	Power joga	3	16:15-17:15	Plates in English	3	16:30-17:00	Reduce	PP	18:00-18:30	Reduce	PP	16:30-17:30	BODYBALANCE™	3
18:00-19:00	Indoor cycling	1	17:00-17:30	Reduce	PP	16:45-17:45	Indoor cycling	1	18:00-19:00	Sexy Dance	2	17:00-17:30	CKWORX™	2
18:00-19:00	BODYPUMP®	2	17:00-18:00	Bodystyling	2	16:45-17:45	BODYPUMP®	2	18:00-19:00	Aqua aerobik	Bazén	17:00-18:00	Kick sparring	4
18:00-19:00	Funkční trénink	4	17:15-18:15	PodDeBras®	3	17:00-18:00	Fit kickbox	4	18:00-18:15	ABS XPRESS	Gym	17:00-18:00	Indoor cycling	1
18:00-18:15	ABS XPRESS	Gym	18:00-18:30	Reduce	PP	17:15-18:15	BODYBALANCE™	3	18:15-19:15	Power joga	3	17:45-18:45	BODYPUMP®	2
18:15-19:15	Plates in English	3	18:00-19:00	Indoor cycling	1	18:00-18:30	Reduce	PP	18:00-19:00	Reduce	PP	18:00-19:00	ABS XPRESS	Gym
18:30-19:00	Problémové partie	PP	18:00-19:00	Dance aerobik	2	18:00-19:00	Indoor cycling	1	19:00-20:00	BODYPUMP®	2	18:00-18:30	Problémové partie	PP
19:00-19:30	Problémové partie	PP	18:00-18:15	ABS XPRESS	Gym	18:00-19:00	Sexy Dance	2	19:15-20:15	Indoor cycling	1	18:30-19:30	Kruhový trénink	PP
19:00-20:00	Sexy Dance	2	18:15-19:15	BODYBALANCE™	3	18:00-18:15	ABS XPRESS	Gym	20:00-20:15	GRAVITY XPRESS	Gym	19:00-20:30	Zumba	2
19:00-20:00	Kickbox	4	18:45-19:45	Funkční trénink	4	18:15-19:15	Power joga	3				19:00-20:00	Aqua aerobik	Bazén
19:00-20:00	Aqua fitness	Bazén	19:00-20:00	BODYCOMBAT®	2	19:00-19:30	CKWORX™	2				20:00-20:15	ABS XPRESS	Gym
19:15-20:15	Indoor cycling	1	19:00-20:00	Aqua fitness	Bazén	19:15-20:15	Indoor cycling	1						
19:15-20:15	BODYBALANCE™	3	19:00-20:00	Indoor cycling	1	19:15-20:15	Plates	3						
20:00-20:15	ABS XPRESS	Gym	20:00-20:15	CKWORX™	2	19:30-20:30	STEP CLASS	2						
			20:00-20:15	GRAVITY XPRESS	Gym	20:00-20:15	ABS XPRESS	Gym						

SOBOTA/SATURDAY			NEDĚLE/SUNDAY		
čas/time	lekce/lesson	studio	čas/time	lekce/lesson	studio
9:00-10:00	Indoor cycling	1	9:00-10:00	Indoor cycling	1
9:00-10:00	P-class	2	9:00-10:00	BODYPUMP®	2
9:00-10:00	BODYBALANCE™	3	9:00-10:30	Power joga	3
10:00-11:00	Plates	3	10:00-11:00	AEROBIX MIX	2
10:15-11:15	Indoor cycling	3	10:30-11:30	Power joga	3
10:15-11:15	BODYPUMP®	2	16:00-17:00	Plates	3
11:30-12:30	BODYCOMBAT®	2	16:30-17:30	Reduce	PP
18:00-18:15	GRAVITY XPRESS	Gym	17:00-18:00	BODYPUMP®	2
20:00-20:15	SUPER GLUTE XPRESS	Gym	18:00-19:00	BODYCOMBAT®	2
			18:00-19:00	Indoor cycling	1
			18:00-19:00	Aqua fitness	Bazén
			18:00-18:15	GRAVITY XPRESS	Gym
			20:00-20:15	SUPER GLUTE XPRESS	Gym



Platnost rozvrhu 1. 4. - 17. 6. 2013
Více informací a aktuální změny naleznete na našich stránkách
www.holmesplace.cz v sekci „aktuální rozvrh“

Timetable validity 1. 4. - 17. 6. 2013
Find the most current information on our web site www.holmesplace.cz in section „aktuelni rozvrh“

ROZVRH STUDIO ENERGY ČERNÝ MOST

HOLMES PLACE

Studio timetable Energy Černý Most

PONDĚLÍ/MONDAY			ÚTERÝ/TUESDAY			STŘEDA/WEDNESDAY			ČTVRTEK/THURSDAY			PÁTEK/FRIDAY		
čas/time	lekce/lesson	studio	čas/time	lekce/lesson	studio	čas/time	lekce/lesson	studio	čas/time	lekce/lesson	studio	čas/time	lekce/lesson	studio
8:30-9:30	FT BALL	2	9:00-10:00	P-class	2	8:00-9:00	Plates	1	8:00-9:00	Body body	1	8:00-9:00	Indoor cycling	4
9:00-10:00	BODYPUMP®	3	9:00-10:00	BODYBALANCE™	1	9:00-10:00	Indoor cycling	4	9:00-10:00	BODYPUMP®	3	8:30-9:30	Plates	1
9:00-10:00	Indoor cycling	4	10:00-11:00	Power joga	1	9:00-10:00	P-class	2	10:00-10:15	ABS XPRESS	Gym	10:00-10:15	ABS XPRESS	Gym
10:00-11:00	Joga	1	10:00-10:15	ABS XPRESS	Gym	9:00-10:00	JOGA	1	17:00-18:00	P-class	2	10:00-10:45	Radice+Děti 1-2	2
10:00-10:15	ABS XPRESS	Gym	17:00-18:00	P-class	2	10:00-10:45	Radice + děti 2-4 roky	4	17:15-18:15	Indoor cycling	4	10:45-11:30	Radice+Děti 2-4	2
17:00-18:00	Step class	2	17:15-18:15	Indoor cycling	4	10:00-10:15	ABS XPRESS	Gym	18:00-19:00	Plates	1	12:00-13:00	Aqua aerobik	Bazén
17:00-18:00	Body body	1	17:45-18:45	BODYPUMP®	3	11:00-12:00	Aqua aerobik	Bazén	17:45-18:15	CKWORX™	3	17:00-18:00	Bodystyling	2
17:15-18:15	Indoor cycling	4	18:00-19:00	Zumba	2	17:00-18:00	Bodystyling	2	18:00-19:00	Aqua fitness	Bazén	17:15-18:15	Indoor cycling	4
17:30-18:00	CKWORX™	3	18:00-19:00	Aqua fitness	Bazén	17:00-18:00	Power joga	1	18:00-18:15	ABS XPRESS	Gym	17:00-17:30	CKWORX™	3
18:00-19:00	BODYCOMBAT®	2	18:00-18:15	ABS XPRESS	Gym	18:00-19:00	BODYPUMP®	3	18:15-19:15	BODYPUMP®	3	17:30-18:30	BODYPUMP®	3
18:00-19:00	Bodystyling	2	19:00-19:30	CKWORX™	3	18:00-18:15	ABS XPRESS	Gym	18:15-19:15	Indoor cycling	4	18:00-18:15	ABS XPRESS	Gym
18:00-19:00	BODYBALANCE™	1	20:00-20:15	ABS XPRESS	Gym	18:15-19:15	Indoor cycling	4	20:00-20:15	ABS XPRESS	Gym	18:30-19:30	BODYBALANCE™	3
18:00-18:15	ABS XPRESS	Gym				19:00-20:00	BODYCOMBAT®	3				20:00-20:15	ABS XPRESS	Gym
19:00-20:00	Joga	1				20:00-20:15	ABS XPRESS	Gym						
20:00-20:15	ABS XPRESS	Gym												

SOBOTA/SATURDAY			NEDĚLE/SUNDAY		
čas/time	lekce/lesson	studio	čas/time	lekce/lesson	studio
9:00-10:00	P-class	2	9:00-10:00	Power joga	1
9:00-10:00	Zdravá zítka	1	9:15-10:15	Indoor cycling	4
9:15-10:15	Indoor cycling	4	10:00-11:00	BODYPUMP®	3
10:00-11:00	Dance aerobik	2	10:00-10:15	ABS XPRESS	Gym
10:00-11:00	BODYCOMBAT®	3	17:00-18:00	Indoor cycling	4
10:00-10:15	ABS XPRESS	Gym	18:00-19:00	BODYPUMP®	3
11:00-11:30	CKWORX™	3	18:00-19:00	Aqua fitness	Bazén
			18:00-19:00	Plates	1



Platnost rozvrhu 1. 4. - 30. 6. 2013
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