

Start	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00			Recovery /				
7:30	Private Class /	Strength Training /	Kiss Brigitta	Private Class /	Private Class /		
8:00	Szetei Gergő	Szetei Gergő		Szetei Gergő	Baráth Georgina		
8:30							
9:00							
9:30							
10:00		Pilates /		Spinal Gymnastics /		AMRAP /	
10:30		Baráth Georgina		Baráth Georgina		Kiss Brigitta	
11:00	Video Training /				Georganic Method /	Recovery /	
11:30	Fitness On Demand		Georganic Method /		Baráth Georgina	Kiss Brigitta	
12:00	Video Training /		Baráth Georgina				
12:30	Fitness On Demand						
13:00		TRX / Kiss Brigitta		AMRAP /			
13:30				Kiss Brigitta			
16:00					Circuit Training /		
16:30					Antoni Balázs		
17:00	deepWork /	AMRAP /	Cycling /	TRX / Szetei Gergő	Cycling /		
17:30	Baráth Georgina	Kiss Brigitta	Szetei Gergő		Szetei Gergő		
18:00	X-training / Tóth Attila	Salsatone /	deepWork /	Salsatone /	Pump / Tóth Attila		
18:30	CoreX / Tóth Attila	Migue Serra	Baráth Georgina	Migue Serra			
19:00		Attack / Tóth Attila	BootyX / Baráth Georgina	Challenge /			
19:30			CoreX / Baráth Georgina	Tóth Attila			
20:00	Yoga 90' / Ákos Boglárka		Pump / Tóth Attila				
20:30							