

FITNESS GROUP CLASS SCHEDULE

Monday

7.30-8.30
Private Class
Szetei Gergő

10.00-11.00
Video Training
Fitness on Demand

17.00-17.50
deepWork
Baráth Georgina

18.05-19.05
X-training/ CoreX
Tóth Attila

19.30-21.00
Flow Yoga 90'
Hajdú Eszter

Tuesday

7.30-8.30
Strength Training
Szetei Gergő

10.00-11.00
Pilates
Baráth Georgina

13.00-14.00
TRX
Kiss Brigitta

17.00-17.50
TRX
Szetei Gergő

18.05-18.55
Salsatone
Miguel Serra

19.10-20.10
Attack
Tóth Attila

Wednesday

7.00-8.00
Recovery
Kiss Brigitta

11.30-12.30
Georganic Method
Baráth Georgina

17.00-17.50
Cycling
Szetei Gergő

18.05-18.55
deepWork
Baráth Georgina

19.10-20.00
BootyX/ CoreX
Baráth Georgina

20.15-21.15
Pump
Tóth Attila

Thursday

7.30-8.30
Private Class
Szetei Gergő

10.00-11.00
Spinal Gymnastics
Baráth Georgina

13.00-14.00
AMRAP
Kiss Brigitta

16.30-17.50
Power Yoga 90'
Hajdú Eszter

18.05-18.55
Salsatone
Miguel Serra

19.10-20.10
Challenge
Tóth Attila

Friday

7.30-8.30
Private Class
Baráth Georgina

11.00-12.00
Georganic Method
Baráth Georgina

17.00-17.50
Cycling
Szetei Gergő

18.05-19.05
Pump
Tóth Attila

Saturday

10.00-10.50
AMRAP
Kiss Brigitta

11.05-12.05
Recovery
Kiss Brigitta

Sunday

18.00-19.30
Yin Yoga 90'
Kohajda Zsófia