

Start	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00			7:00-8:00 Recovery Kiss Brigitta				
8:00	7:30-8:30 Private Class Szetei Gergő	7:30-8:30 Strength Training Szetei Gergő		7:30-8:30 Private Class Szetei Gergő			
9:00							
10:00				10:00-11:00 Spinal Gymnastics Baráth Georgina		10:00-10:50 AMRAP Kiss Brigitta	
11:00						11:05-12:05 Recovery Kiss Brigitta	
12:00							
17:00	17:00-17:50 deepWork Baráth Georgina		17:00-17:50 Cycling Szetei Gergő		17:00-17:50 Cycling Szetei Gergő		
18:00	18:05-19:05 X-training / CoreX Tóth Attila	18:05-18:55 Salsatone Migue Serra	18:05-18:55 deepWork Baráth Georgina	18:05-18:55 Salsatone Migue Serra	18:05-19:05 Pump Tóth Attila		
19:00		19:10-20:10 Attack Tóth Attila	19:10-20:00 Georganic Method Baráth Georgina	19:10-20:00 Challenge Tóth Attila			
20:00	19:30-21:00 Flow Yoga 90' Hajdú Eszter		20:15-21:15 Pump Tóth Attila				
21:00							