

|         | 15:00                                         | 16:00                                                                                    | 17:00                                                                         | 18:00                                                                                         |
|---------|-----------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Pondělí |                                               | 16:00 – 17:00<br>Rekreační aerobik<br>Terežka<br>16:00 – 17:30<br>Gymnastika<br>Renata   | 17:00 – 18:00<br><br>17:30 – 18:00<br>Gymnastika<br>Renata                    | 18:00 – 19:00<br><br>18:00 -19:00<br>Gymnastika<br>Renata                                     |
| Úterý   |                                               | 16:00 – 17:00<br>DNS<br>Míša<br>16:00 – 17:00<br>Fitness 1<br>Eva /Blanka                | 17:00 – 18:00<br>DNS<br>Míša<br>17:30<br>Fitness 1<br>Eva /Blanka             | 18:00 - 19:00<br>Rekreační aerobik<br>Jana/Míša<br>18:00 – 19:30<br>Fitness 3<br>Petr/ Blanka |
| Středa  | 14:30 – 16:00<br>Individuální<br>trénink Niky | 16:00 – 17:00<br>Rekreační gymnastika<br>Jana<br>16:00 – 17:00<br>Švihadlo hrou<br>Barča | 17:00 – 18:00<br>DNS<br>Anička<br>17:00 - 18:00<br>Trampolínky st.<br>Hela    | 18:00 – 19:00<br><br>18:00 – 19:00<br>Fitness 0<br>Barča                                      |
| Čtvrtek |                                               | 16:30 – 18:00<br>Fitness 2<br>Terežka/ Ema<br>16:00 – 17:30<br>Fitness 2<br>Eva/Jaruška  | 17:00 – 18:00<br>Fitness 2<br>Terežka/ Ema<br><br>Fitness 2<br>Eva/Jaruška    | 18:00-19:00<br><br>18:00 -19:30<br>Fitness<br>Petr                                            |
| Pátek   |                                               | 16:00– 17:30<br>Fitness mini 0<br>Maky                                                   | 17:00 – 17:30<br>Fitness 0<br>Barča/ Maky<br>17:00 –18:30<br>Fitness 4<br>Eva | 18:30 – 20:00<br>Sportovní aerobik<br>Niky/ Blanka                                            |