

Winter2 Timetable

(1st January 2019 - 31th March 2019)

GO / ACTIVE

MORE THAN FITNESS...

HÉTFŐ / MONDAY				KEDD / TUESDAY				SZERDA / WEDNESDAY				CSÜTÖRTÖK / THURSDAY			
7:00	Healthy Back ♥	Viki Molnár	Studio 1	7:00	TRX	Berni Kovacs	Studio 3	7:00	Healthy Back ♥	Dia Führer	Studio 1	7:00	TRX	Brigi Hulka	Studio 3
7:00	Indoor Cycling	Máté Laczkó	Studio 2	7:00	Body Shape	Bence Herner	Studio 1	7:00	Indoor Cycling	Máté Laczkó	Studio 2	7:00	Body Shape	Viki Molnár	Studio 1
7:00	Cross Place	Geri Máramarosi	Studio 3	8:00	Core Express	Gym Trainers	Gym	7:00	Cross Place	Laci Cselótei	Studio 3	8:00	Core Express	Gym Trainers	Gym
8:00	Power Up	Szabolcs Nagy	Studio 1	8:30	Private bodyArt LogMeln	Patrícia Parvy	Studio 1	8:00	Core Express	Gym Trainers	Gym	10:00	Yoga 90'	Kriszti Mogyorósy	Studio 1
8:00	Abs Express	Gym Trainers	Gym	10:00	Yoga 90'	Kriszti Mogyorósy	Studio 1	9:00	TRX	Geri Máramarosi	Studio 3	11:00	Aqua Fitness ♥	Viki Molnár	Pool
9:00	TRX	Geri Máramarosi	Studio 3	12:00	Healthy Back ♥	Dia Führer	Studio 1	11:00	Aqua Fitness ♥	Viki Molnár	Pool	12:00	Hot Iron 1	Alíz Leirer	Studio 1
11:00	Private Aqua Fitness	Szabolcs Nagy	Pool	12:00	Indoor Cycling	Peti Ézsiás	Studio 2	12:00	bodyART	Fédra Zisizs	Studio 1	12:00	Indoor Cycling	Peti Ézsiás	Studio 2
11:00	Hot Iron 1	Alíz Leirer	Studio 1	12:30	Abs Express	Gym Trainers	Gym	12:00	Indoor Cycling	Peti Ézsiás	Studio 2	12:30	Cross Express	Gym Trainers	Gym
12:00	Aqua Fitness ♥	Viki Molnár	Pool	17:30	Children Swimming	Eszter Németh	Pool	12:30	Stretching Express	Gym Trainers	Gym	17:00	Healthy Back ♥	Dia Führer	Studio 1
12:00	bodyART	Edina Hencz	Studio 1	18:00	TRX	Zoltán Varga	Studio 3	17:30	Children Swimming	Eszter Németh	Pool	17:00	Children Swimming	Eszter Németh	Pool
12:30	Stretching Express	Gym Trainers	Gym	18:00	Indoor Cycling	Emese Gál	Studio 2	18:00	Yoga 60'	Kriszti Mogyorósy	Studio 1	18:00	Body Shape	Bence Herner	Studio 1
17:00	Children Swimming	Eszter Németh	Pool	18:00	deepWORK	Anna Rita	Studio 1	18:00	Abs Express	Gym Trainers	Gym	18:00	Indoor Cycling	Nóri Greski	Studio 2
18:00	Hot Iron 1	Fanni Dobos	Studio 1	18:00	Core Express	Gym Trainers	Gym	19:00	Pure Power	Zsolt Balogh	Studio 3	18:00	TRX	Zoltán Varga	Studio 3
18:00	Cross Place	Laci Cselótei	Studio 3	19:00	Thai Box	Bence Herner	Studio 3	19:00	Hot Iron 1	Fanni Dobos	Studio 1	18:00	Abs Express	Gym Trainers	Gym
18:00	FitTire Express	Gym Trainers	Gym	19:00	Body Shape	Dia Führer	Studio 1	20:00	Pilates	Orsi Kemény	Studio 1	19:00	bodyART	Timi Varga	Studio 1
18:00	Latin Style	Mirjam Berkes	Studio 2	20:00	bodyART	Timi Varga	Studio 1	20:00	FitTire Express	Gym Trainers	Gym	20:00	Street Workout	Péter Sila	Studio 3
19:00	Pilates	Orsi Kemény	Studio 1	20:00	Stretching Express	Gym Trainers	Gym					20:00	Stretching	Timi Varga	Studio 1
19:00	Indoor Cycling	Nóri Greski	Studio 2												
19:00	Pure Power	Zsolt Balogh	Studio 3												
20:00	Yoga 90' ♥	Nóri Greski	Studio 1												
20:00	Abs Express	Gym Trainers	Gym												

PÉNTEK / FRIDAY				SZOMBAT / SATURDAY				VASÁRNAP / SUNDAY			
7:00	Stretching ♥	Viki Molnár	Studio 1	9:00	Abs Express	Gym Trainers	Gym	10:30	deepWORK	Edina Hencz	Studio 1
7:00	Indoor Cycling	Máté Laczkó	Studio 2	10:30	Street Workout	Péter Sila	Studio 3	11:00	Core Express	Gym Trainers	Gym
7:00	Cross Place	Geri Máramarosi	Studio 3	10:30	Body Shape	Bogi Hencz/Orsi Kemény	Studio 1	11:30	Indoor Cycling	Máté Laczkó	Studio 2
8:00	Pilates meets Yoga	Kriszti Mogyorósy	Studio 1	11:00	Core Express	Gym Trainers	Gym	14:00	Abs Express	Gym Trainers	Gym
8:00	Abs Express	Gym Trainers	Gym	11:30	Indoor Cycling	Emese Gál	Studio 2	16:00	FitTire Express	Gym Trainers	Gym
11:00	Private Aqua Fitness	Szabolcs Nagy	Pool	16:00	Stretching Express	Gym Trainers	Gym	16:30	TRX	Geri Máramarosi	Studio 3
11:00	Healthy Back ♥	Führer Dia	Studio 1	17:00	Hot Iron 1	Alíz Leirer	Studio 1	17:30	Yoga 90' ♥	Geri Máramarosi	Studio 1
12:00	bodyART	Fédra Zisizs	Studio 1								
12:30	Stretching Express	Gym Trainers	Gym								
14:00	TRX	Geri Máramarosi	Studio 3								
17:00	Children Swimming	Eszter Németh	Pool								
18:00	Hot Iron 1	Alíz Leirer	Studio 1								
18:00	Kick Box	Bence Herner	Studio 3								
19:00	Core Express	Gym Trainers	Gym								

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♥ Minden szimbólummal jelölt órátípus kismamák számára is látogatható.
Classes marked by heart symbol can be visited by expectant ladies as well.

Az órák változtatásának jogát a klubvezetőség fenntartja.
The club management reserves the right to change the classes.

Ünnepnapokon és munkaszüneti napokon az órák változnak.
On public holidays (the opening hours and) the classes vary.