


| | HETFO | | | KEDD | | | SZERDA | | | CSUTORTOK | | |
|-------|-------------------|------------|----------|-------------|-----------|------------|-------------|------------|------------|--|-----------|------------|
| | 1. terem | 2. terem | Spinning | 1. terem | 2. terem | Spinning | 1. terem | 2. terem | Spinning | 1. terem | 2. terem | Spinning |
| 08:00 | | | PETRA | | | VIKTOR | | | TIMI | | | VIKTOR |
| 08:30 | | | spinning | | | spinning | | | spinning | | | spinning |
| 09:00 | | | | | | | | | TIMI | | | |
| | | | | | | | | | spinning | | | |
| 14:00 | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | |
| 16:00 | | | | | ANIKÓ | | | | | | ANIKÓ | |
| | | | | | SZTC-tánc | | | | | | SZTC-tánc | |
| 17:00 | | | | | | | | | | ORSI | | |
| 17:30 | | | | | | | | | | X-CO | | |
| 18:00 | ORSI | | | ADÉL | | ANDI | ORSI | | ANDI | ILDIKÓ | | ANDI |
| 18:30 | alakformáló | | VIKTOR | zsírégető | | SpinRacing | alakformáló | | SpinRacing | kondi és gerinct. | | SpinRacing |
| 19:00 | ILDIKÓ | KINGA | | ADÉL | | GERGŐ | | ANDRÁS | PETRA | | KINGA | GERGŐ |
| 19:30 | kondi és gerinct. | kangoo | | alakformáló | | spinning | | capoeira | spinning | | kangoo | spinning |
| 20:00 | ANDRÁS | NYÁRI MÓNI | | | | GERGŐ | MARTINA | ANDRÁS | | | | GERGŐ |
| | capoeira | pilates | | | | spinning | alakformáló | utcai harc | | | | spinning |
| | PENTEK | | | SZOMBAT | | | VASARNAP | | |  <p>Fitness nyitvatartás:</p> <p>Hétfő-Péntek: 7:00-21:30</p> <p>Szombat: 8:00-14:00</p> <p>vasárnap Zárva</p> | | |
| | 1. terem | 2. terem | Spinning | 1. terem | 2. terem | Spinning | 1. terem | 2. terem | Spinning | | | |
| 08:00 | | | | | | | | | | | | |
| 08:30 | | | TIMI | | | | | | | | | |
| 09:00 | | | spinning | | | | | | | | | |
| 09:30 | | | | | | | | | | | | |
| 10:00 | | | TIMI | | | | | | | | | |
| | | | spinning | | | | | | | | | |
| 13:00 | | | | | | | | | | | | |
| 14:00 | | | | | | | | ZÁRVA | | | | |
| 15:00 | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | |
| 18:00 | ORSI | | | | | | | | | | | |
| | alakformáló | | | | | | | | | | | |
| 19:00 | ILDIKÓ | | VIKTOR | | | | | | | | | |
| | kondi és gerinct. | | spinning | | | | | | | | | |
| 20:00 | MARTINA | NYÁRI MÓNI | | | | | | | | | | |
| | alakformáló | pilates | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | |