

GROUP LESSONS – DAILY SCHEDULE VALID FROM JUNE 1, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	7:00-8:00		7:15 SHREK's SYSTEM Pokštef	7:15 SHREK's SYSTEM Pokštef			
	8:00-9:00	8:15 SHREK's SYSTEM Pokštef	8:15 SHREK's SYSTEM Pokštef	8:15 SHREK's SYSTEM Pokštef	8:15 SHREK's SYSTEM Pokštef		
	9:00-10:00			9:00 BODY SHAPE AND STRETCH Lederová	9:00 BE FIT Lederová		
	10:00-11:00	10:00 YOGA FOR A HEALTHY BACK Lipovská				10:00 SOKOL VERSATILITY Team	10:30 WEEKEND MASTER Team
	11:00-12:00						
AFTERNOON	15:00-16:00						
	16:00-17:00						
	17:00-18:00	17:00 HiitCore Training Ceterová			17:00 MOVE IT Ceterová		
	18:00-19:00		18:00 STRENGTH&BODY WORKOUT Lederová		18:00 CARDIO CIRCLE TRAINING Team	18:00 WEEKEND MASTER Team	18:15 PROBLEM ZONES Team
	19:00-20:00	19:00 FITBOX Ceterová	19:00 BODY CORE STRENGTH Lederová	18:30 BE FIT Holly	19:00 FITBOX Ceterová		
	19:30-20:00	19:30 CROSS-X Holly		19:30 CROSS-X Holly			
	20:00-21:00						
21:00-22:00							



BODY BUILDING



DYNAMIC LESSONS



BODY&MIND LESSONS



NEW



SUBSTITUTION

GROUP LESSONS

Lessons take place in a selected room (gym, big, small hall) space based on availability and choice of coach.

Sokolovna Průhonice, Říčanská 118, 252 43 Průhonice, T: +420 267 310 506
Opening hours: Monday – Friday: 7:00 – 22:00, Saturday – Sunday: 8:00 – 22:00

SHREK'S TRAINING SYSTEM

We are introducing an unique training system of group lessons with a personal approach. Each participant has to go through Introduction, which consists of diagnosing "FULL BODY" fitness test, identify strengths and weaknesses as well as an interview, which aims for client habits and practices. The aim of this system is to improve weaknesses and establish the clients strengths. The path with this training program is lifetime changes, because the only correct set plan is when the client can maintain the long term progress will lead to changes and prevents the classic yo-yo effect. The system is suitable for all ages and different levels of physical fitness from beginners to advanced participants.

- **BODY POWER**
- **CORE ON TYRE**
- **CONDITION BOX**
- **STEEL MAN**
- **X-MAN**
- **SOKOL**
- **VERSETALITY**
- **WAKE UP BODY**
- **GYM MACHINE**
- **TOTAL**
- **BODY AND STRETCH**
- **PFW**
- **FYZOFITNESS**

BE FIT

Circuit training for the entire body. Course to improve physical fitness, deprivation of fat, increase flexibility, strengthen muscle corset, improve cardiovascular activity, improve neuromuscular coordination. During the lesson you will try Kranking, TRX, Bosu, Spinner, STEP, Punching Bag, and many other activities.

BODY SHAPE & STRETCHING

This class mainly focuses on shaping the body and the muscles of the belly, thighs, buttocks, and back, all through the use of exercise aids and body weight. Great emphasis is placed on stretching the entire body, something that is frequently neglected. Furthermore, the class focuses on developing condition and burning fat and calories, allowing you to get results quickly and effectively.

CROSS-X

A high-intensity class that makes use of a combination of functional exercises based on natural movements of the human body and focuses on developing condition, strength, explosive power, coordination, endurance, speed, and flexibility - all at a fast tempo. In this group class, you'll work hard, but true pleasure is found in the endeavor to be better. Cross-X will take you to new levels.

PROBLEM ZONES

Exercise focuses, as the name suggests, to those parts of the body where fat is mostly stored and where the body was weakening. Get rid of these parts and send them.

PREPARE FOR WEEKEND

This class is designed to prepare the body for weekend sports activities. It attempts to avoid the body becoming overloaded during the given activity and also improves stamina. Health through sport!

BODY CORE STRENGTH

During this class, we'll teach you how to properly activate the deep abdominal muscles through diaphragmatic breathing, and you'll find out how to effectively and efficiently activate the body's core. Moreover, you'll also learn how to relax and stretch shortened muscles and perceive each and every move you make. The class is intended for those who want to know how to correctly strengthen the abdominal muscles and also for those who suffer from back pain, for instance.

WEEKEND MASTER

This dynamic class improves physical condition, increases body coordination, and helps shape the figure. The secret lies in variety - a different trainer for each session, but you'll have fun and stretch the whole body every time.

HIITCORE TRAINING

Want to burn fat and firm up everything in one hour? Then this is the class for you. The workout combines HIIT (high intensity interval training) and core training, which strengthens and firms up the muscles in the body's core. Anyone can do it - you just have to want it!

STRENGTH&BODY WORKOUT

This lesson focuses mainly on strengthening the whole body at an intense pace. Tools such as dumbbells, bosu, flowin and kettlebell are used in the lesson. The lesson is for advanced exercisers who already have a built-up muscle base.

YOGA FOR A HEALTHY BACK

A healthy spine means a healthy body. This class primarily focuses on strengthening and stretching the back and abdominal muscles. It's recommended for people in any age category who are seeking tranquillity and relaxation for both their mind and body.

PILATES

A workout that focuses on firming up the body while slimming it down by putting emphasis on balance, good posture, proper breathing, stability, and strength. Build a strong body with a flat belly and a strong back. The exercises promote awareness of one's own body and growth of long and strong muscles. They also increase flexibility and overall posture. Pilates is suitable for anyone, from complete beginners to seasoned

athletes. Thanks to Pilates, you can eliminate muscle imbalance, reduce chronic fatigue, and relieve stress. It's also ideal for people with repetitive strain injuries or chronic back pain as well as for those wanting to prevent osteoporosis. Pilates can truly help improve your health without taking a toll on your body.

MOVE IT

Ying and Yang - balance exercise.... Does it go together? Definitely! Body Balance and Deep Body workout in one lesson. The Lesson takes time in alternating between tension and release. Exercise is a complex, dynamic and wakes your positive energy up in conjunction with dynamic music.