

QUARTERLY WORKSHOPS

CENTRAL EUROPEAN SUMMER TIME - CEST

CZECH REPUBLIC

PRAGUE

Date	Time	Program	Location	Presenter
05-sep	09:00-10:00	BODYPUMP® 45-min	Form Factory Vinohradská	Dominik Ruzicka
05-sep	10:15-11:15	BODYPUMP® HEAVY 45-min	Form Factory Vinohradská	Eva Dobesova
05-sep	11:30-12:30	BODYCOMBAT® 45-min	Form Factory Vinohradská	Dominik Ruzicka
05-sep	12:45-13:45	BODYATTACK® 45-min	Form Factory Vinohradská	Eva Dobesova
05-sep	14:00-14:45	LES MILLS CORE™	Form Factory Vinohradská	Dominik Ruzicka
05-sep	15:00-15:45	LES MILLS SHAPES™	Form Factory Vinohradská	Adela Hurnikova
05-sep	16:00-17:00	BODYBALANCE® 45-min	Form Factory Vinohradská	Eva Dobesova
05-sep	17:15-18:00	LES MILLS YOGA™ VINYASA	Form Factory Vinohradská	Adela Hurnikova

POLAND

WARSAW

Date	Time	Program	Location	Presenter
06-Sep	09:00-10:00	BODYPUMP® 45-min	Zdrofit Varso	Szymon Wesolowski
06-Sep	10:15-11:15	BODYPUMP® HEAVY 45-min	Zdrofit Varso	Szymon Wesolowski
06-Sep	11:30-12:30	BODYCOMBAT® 45-min	Zdrofit Varso	Szymon Wesolowski
06-Sep	12:45-13:45	BODYBALANCE® 45-min	Zdrofit Varso	Natalia Litwiniuk
06-Sep	14:00-15:00	LES MILLS PILATES™	Zdrofit Varso	Natalia Litwiniuk
06-Sep	15:15-16:15	LES MILLS SHAPES™	Zdrofit Varso	Natalia Litwiniuk

SLOVAKIA

BRATISLAVA

Date	Time	Program	Location	Presenter
12-Sep	09:00-10:00	BODYPUMP® 45-min	Form Factory Nivy	Kamil Zielinski
12-Sep	10:15-11:15	BODYPUMP® HEAVY 45-min	Form Factory Nivy	Kamil Zielinski
12-Sep	11:30-12:30	BODYCOMBAT® 45-min	Form Factory Nivy	Kamil Zielinski & Veronika Benesova
12-Sep	12:45-13:45	BODYBALANCE® 45-min	Form Factory Nivy	Veronika Benesova
12-Sep	14:00-15:00	LES MILLS YOGA™ HATHA	Form Factory Nivy	Veronika Benesova

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