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# Pilates (employees)

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<i>Organizer:</i>	KTV PF UK
<i>Leader:</i>	Mgr. Jana Müllerová
<i>Venue:</i>	SCUK Hostivař - A1
<i>Time:</i>	16:00-17:00
<i>Capacity:</i>	30
<i>Applications:</i>	Without logging in.
<i>Program:</i>	Pilates exercise method. Stretching and strengthening the whole body (using overballs).
<i>Participants:</i>	Employees of our university.
<i>Note:</i>	Comfortable sports clothing.