
Body building

<i>Organization:</i>	KTV MFF UK
<i>Organizer:</i>	PhDr. Marek Paulík
<i>Venue:</i>	Charles University Sports center, Hostivař - fitness gym
<i>Time:</i>	11:00 - 12:00 practice and theory lesson for beginners 12:00 - 13:00 a lesson focused on make joint's condition stronger and deep stabilizing system 13:00 - 14:30 free practising
<i>Open to:</i>	Students and employees of the UK - I invite everyone who wants to do something for their body and support their health by exercising in the gym. We will exercise not only with dumbbells, but also with our own body weight!