
Aerobics / Body & Mind

Organizer:	KTV PřF UK
Leader:	Mgr. Kateřina Feitová, Ph.D.
Venue:	Sports Center Charles University (SCUK) Hostivař - hall A1 and A2
Time:	09:00 - 15:00h
Capacity:	See options below.
Registration:	Send your registration to the email addresses below until 12. 5. 2025.
Presentation:	At the beginning of the lessons according to the registration list.
Schedule:	<p>A1 :</p> <p>09:00 – 9:50h - STEPER CHOREO - lesson focused on choreography on stepper Klára Kovaříková: klara.kovarikova@natur.cuni.cz capacity: 25</p> <p>10:00 – 10:50h – ZUMBA - dance lesson Leona Trejbalová: leona.trejbalova@lf1.cuni.cz capacity: 30</p> <p>11:00 – 11:50h – ROPESKIPPING - lesson using jump ropes Zuzana Vítová: zuzana.vitova@lf1.cuni.cz capacity: 15</p> <p>12:00 – 12:50h – BODYFORM - fitness class without choreography Hana Fryšová: hana.frysova@ff.cuni.cz capacity: 30</p> <p>13:00 – 13:50h – SCENE DANCE - dance lesson Jana Pospíšilová: jana.pospisilova@matfyz.cuni.cz capacity: 30</p> <p>14:00 – 14:50 – OVERBALL - fitness lesson using overball Andrea Kovaříková: andrea.kovarikova@lfmotol.cuni.cz capacity: 30</p> <p>A2 :</p> <p>09:00 – 9:50h – YOGALATES - combination of yoga and pilates elements</p>

	<p>Petra Tomšová: tomsovape@prf.cuni.cz capacity: 30</p> <p>10:00 – 10:50h – PILATES - lesson focused on stability and core Eliška Ochetzová: eliska.ochecova@lf1.cuni.cz kapacita: 25</p> <p>11:00 – 11:50h – YOGA - dynamic lesson focused on mobility and relaxation Kateřina Feitová: katerina.feitova@natur.cuni.cz capacity: 30</p> <p>12:00 – 12:50h – SPIRALS - health dance concept with elements of pilates and ballet Eva Kindermannová: kinderme@prf.cuni.cz capacity: 30</p> <p>13:00 – 13:50h – COMPENSATORY EXERCISES - health-oriented lesson Iva Veberová: iva.veberova@natur.cuni.cz capacity: 20</p> <p>14:00 – 14:50h – FUNCTIONAL FOOT - health-oriented lesson Eva Kindermannová: kinderme@prf.cuni.cz capacity: 20</p>
Notes:	Plan changes reserved.