
Body forming

<i>Host:</i>	KTV FAF & LFHK
<i>Organiser:</i>	Mgr. Szakošová
<i>Venue:</i>	TJ Slavie, hall
<i>Time:</i>	10:00
<i>Applications:</i>	No registration
<i>Important Notice:</i>	Shoes for the hall!
<i>Registration:</i>	on the spot before the start of the exercise
<i>Program:</i>	Total body training - Do something for your body - the second part of the exercise marathon. It is a strength training of the whole body under the guidance of an instructor, it is practiced to play music at intervals.