

# Autumn Timetable

# GO / ACTIVE

MORE THAN FITNESS...

| DAY                  | TIME               | CLASS                   | INSTRUCTOR             | LOCATION               |           |
|----------------------|--------------------|-------------------------|------------------------|------------------------|-----------|
| HÉTFŐ / MONDAY       | 7:00               | Healthy Back ♥          | Viki Molnár            | Studio 1               |           |
|                      | 7:00               | Indoor Cycling          | Máté Laczkó            | Studio 2               |           |
|                      | 8:00               | BURN 45'                | Kriszti Tóth           | Studio 1               |           |
|                      | 10:30              | Private Aqua Fitness    | Szabolcs Nagy          | Pool                   |           |
|                      | 11:00              | Hot Iron                | Aliz Leirer            | Studio 1               |           |
|                      | 12:00              | Aqua Fitness ♥          | Szandra Pál            | Pool                   |           |
|                      | 12:00              | bodyART                 | Edina Hencz            | Studio 1               |           |
|                      | 17:00              | Kids Swimming           | Eszter Németh          | Pool                   |           |
|                      | 18:00              | Core Express 15'        | Gym Team               | Gym floor              |           |
|                      | 18:00              | Hot Iron                | Fanny Dobos            | Studio 1               |           |
|                      | 18:00              | Street Workout          | Gábor Juhász           | Studio 3               |           |
|                      | 19:00              | HIIT Express 15'        | Gym Team               | Gym floor              |           |
|                      | 19:00              | STRONG by Z             | Kriszti Tóth           | Studio 1               |           |
|                      | 19:00              | Indoor Cycling          | Nóri Greski            | Studio 2               |           |
| 19:00                | Pure Power         | Zsolt Balogh            | Studio 3               |                        |           |
| 20:00                | Yoga 60' ♥         | Nóri Greski             | Studio 1               |                        |           |
| KEDD / TUESDAY       | 7:00               | Functional Circuit      | Balázs Barta           | Studio 3               |           |
|                      | 8:30               | Private bodyArt LogMeln | Patrícia Parvy         | Studio 1               |           |
|                      | 10:00              | Yoga 90' ♥              | Kriszti Mogyorósy      | Studio 1               |           |
|                      | 12:00              | Healthy Back ♥          | Dia Führer             | Studio 1               |           |
|                      | 12:00              | Indoor Cycling          | Peti Ézsiás            | Studio 2               |           |
|                      | 17:00              | Kids Swimming           | Eszter Németh          | Pool                   |           |
|                      | 18:00              | Abs Express 15'         | Gym Team               | Gym floor              |           |
|                      | 18:00              | TRX                     | Zoltán Varga           | Studio 3               |           |
|                      | 18:00              | Extreme HIIT 45'        | Berni Kovács           | Studio 1               |           |
|                      | 19:00              | Stretching Express 15'  | Gym Team               | Gym floor              |           |
|                      | 19:00              | Kick Box                | Bence Herner           | Studio 3               |           |
|                      | 19:00              | 40 for Glutes 40'       | Bogi Hencz             | Studio 1               |           |
|                      | 19:00              | Zumba/AfroBeat          | Kriszti Tóth/Viki Nagy | Studio 2               |           |
|                      | SZERDA / WEDNESDAY | 7:00                    | Healthy Back ♥         | Dia Führer             | Studio 1  |
| 7:00                 |                    | Indoor Cycling          | Máté Laczkó            | Studio 2               |           |
| 8:00                 |                    | BURN 45'                | Kriszti Tóth           | Studio 1               |           |
| 11:00                |                    | Aqua Fitness ♥          | Szandra Pál            | Pool                   |           |
| 12:00                |                    | deepWORK                | Edina Hencz            | Studio 1               |           |
| 12:00                |                    | Indoor Cycling          | Peti Ézsiás            | Studio 2               |           |
| 17:00                |                    | Kids Swimming           | Eszter Németh          | Pool                   |           |
| 17:00                |                    | Hot Iron                | Fanny Dobos            | Studio 1               |           |
| 18:00                |                    | HIIT Express 15'        | Gym Team               | Gym floor              |           |
| 18:00                |                    | Yoga 60' ♥              | Kriszti Mogyorósy      | Studio 1               |           |
| 18:00                |                    | Street Workout          | Gábor Juhász           | Studio 3               |           |
| 18:00                |                    | Indoor Cycling          | Alexandra Sz. Simon    | Studio 2               |           |
| 19:00                |                    | Abs Express 15'         | Gym Team               | Gym floor              |           |
| 19:00                |                    | Pure Power              | Zsolt Balogh           | Studio 3               |           |
| 19:00                | STRONG by Z        | Kriszti Tóth            | Studio 1               |                        |           |
| 20:00                | Pilates flow ♥     | Orsi Kemény             | Studio 1               |                        |           |
| CSÜTÖRTÖK / THURSDAY | 7:00               | TRX                     | Brigi Hulka            | Studio 3               |           |
|                      | 10:00              | Yoga 90' ♥              | Kriszti Mogyorósy      | Studio 1               |           |
|                      | 12:00              | Cross Training          | Aliz Leirer            | Studio 1               |           |
|                      | 12:00              | Indoor Cycling          | Peti Ézsiás            | Studio 2               |           |
|                      | 17:00              | Kids Swimming           | Eszter Németh          | Pool                   |           |
|                      | 17:00              | Healthy Back ♥          | Dia Führer             | Studio 1               |           |
|                      | 18:00              | Core Express 15'        | Gym Team               | Gym floor              |           |
|                      | 18:00              | ATTACK                  | Bence Herner           | Studio 1               |           |
|                      | 18:00              | TRX                     | Zoltán Varga           | Studio 3               |           |
|                      | 19:00              | HIIT Express 15'        | Gym Team               | Gym floor              |           |
|                      | 19:00              | Yoga Fusion             | Tamás Szabó            | Studio 1               |           |
|                      | 19:00              | Functional Circuit      | Balázs Barta           | Studio 3               |           |
|                      | PÉNTEK / FRIDAY    | 7:00                    | Stretching ♥           | Viki Molnár            | Studio 1  |
|                      |                    | 7:00                    | Indoor Cycling         | Máté Laczkó            | Studio 2  |
| 8:00                 |                    | Extreme HIIT 45'        | Berni Kovács           | Studio 1               |           |
| 10:30                |                    | Private Aqua Fitness    | Szabolcs Nagy          | Pool                   |           |
| 11:00                |                    | Healthy Back ♥          | Führer Dia             | Studio 1               |           |
| 12:00                |                    | bodyART                 | Edina Hencz            | Studio 1               |           |
| 17:00                |                    | Kids Swimming           | Eszter Németh          | Pool                   |           |
| 17:00                |                    | Hot Iron                | Aliz Leirer            | Studio 1               |           |
| 18:00                |                    | Core Express 15'        | Gym Team               | Gym floor              |           |
| 18:00                |                    | Kick Box                | Bence Herner           | Studio 3               |           |
| 18:00                |                    | 40 for Glutes 40'       | Bogi Hencz             | Studio 1               |           |
| SZOMBAT / SATURDAY   |                    | 9:30                    | Yoga 60' ♥             | Dóri Musitz            | Studio 1  |
|                      |                    | 10:30                   | SHAPE                  | Bogi Hencz/Orsi Kemény | Studio 1  |
|                      |                    | 11:30                   | Indoor Cycling         | Emese Gál              | Studio 2  |
|                      | 17:00              | Hot Iron                | Aliz Leirer            | Studio 1               |           |
|                      | 18:00              | Abs Express 15'         | Gym Team               | Gym floor              |           |
|                      | VASÁRNAP / SUNDAY  | 10:30                   | deepWORK               | Viki Nagy              | Studio 1  |
|                      |                    | 11:30                   | Indoor Cycling         | Alexandra Sz. Simon    | Studio 2  |
|                      |                    | 17:30                   | Yoga 90' ♥             | Anita Kodó             | Studio 1  |
|                      |                    | 18:00                   | Core Express 15'       | Gym Team               | Gym floor |

♥ Minden szív szimbólummal jelölt órátípus kismamák számára is látogatható.  
Classes marked by heart symbol can be visited by pregnant ladies as well.

Ünnepnapokon és munkaszüneti napokon az órák és a nyitvatartás változnak.  
On public holidays the class schedule and opening hours vary.

[www.goactive.hu](http://www.goactive.hu)