ESMARIN
SPORTOVNĚ RELAXAČNÍ CENTRUM

EXERCISE, TRAINING & CLASS SCHEDULE

valid from 1 September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00–11:00 (MB) Children's swimming (30 min)						
15:30–16:30 (FB)** Street dance – children course	**17:00–18:00 (LH)**** Vinyasa yoga	**15:30–16:30 (FB)**** Street dance – children course	**18:00–19:30 (DS)**** PortDeBras	**18:00–19:00 (PŠ)**** Chun Kuhn Do-Circle		**18:30–19:30 (MB)**** Fitbox
16:30–17:45 (FB)** Street dance – children competition	**16:00–17:00 (OL)**** Children's karate – group I	**16:30–17:45 (FB)**** Street dance – children competition	**18:30–19:30 (MB)**** Tabata	**19:00–20:00 (PŠ)**** Chun Kuhn Do-Circle		
17:45–19:00 (FB)** Street dance – juniors	**17:00–18:00 (OL)**** Children's karate – group II	**18:00–19:00 (KP)**** Strength training + Extra Core	**19:30–20:30 (BS)**** Fitness for women overball / fitball / chitoning	**20:00–21:00** Open volleyball		
15:00–17:00 (TK)** Judo	**18:00–19:30 (DS)**** PortDeBras	**19:00–20:00 (FB)**** Street dance – adults course	**20:00–21:30** Open floorball			
19:00–20:00 (MB)** Bosu Cardio	**19:30–20:30 (BS)**** Aerobics – body styling					

COLOUR KEY

Studio 1 (ground floor)	Studio 2 (1st floor)
Swimming pool	Sports hall

INSTRUCTOR CONTACTS

** Registration and payment directly with the instructor

FB	František Bodnár 602 174 520	MB	Magda Boudníková 777 305 308	LH	Lucie Hobzeková 732 962 674	OL	Ondřej Lukeš 723 483 829	KP	Kamila Podhorná 733 587 552
DS	Diana Sabo 734 265 851	BS	Blanka Soukupová 731 343 584	PŠ	Pavel Štěpo 607 940 663	TK	Tomáš Knápek 776 893 222		

Note: Some courses do not start on 1 September 2026. For details, please contact the instructor or reception.