



+36 1 788 8338
gellertfitness.hu

Aerobic schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
17h-18h	powerstep	powerstep	powerstep	powerstep		10h-11:20h	Fatburning, abs, legs, strenght
18h-19h	body shaping	body shaping	body shaping	body shaping			
19h-20h				extreme legs, abs, strength			

These classes are scheduled regularly, check for additional classes!