KIDS TRAINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
10.00	---------	---------	---------	---------	---------	SPORTY STAR
11.00	---------	MOM & BABY	---------	MOM & BABY	---------	SPORTY START YOGA KIDS
12.00	---------	---------	---------	---------	---------	SPORTY HERO
17.00	SPORTY STAR	SPORTY HERO	ZUMBA KIDS	SPORTY HERO	YOGA JUNIOR	---------
18.00	RUN X-TREME	BOXING	SPORTY STAR	CROSS X-TREME	ZUMBA JUNIOR	---------

0-3 years old
- Mama & Baby

3-5 years old
- Sporty Start

6-9 years old
- Sporty Star
- Zumba Kids
- Yoga Kids

10-13 years old
- Sporty Hero
- Zumba Junior
- Yoga Junior

14-17 years old
- Run X-treme
- Cross X-Treme
- Boxing

KIDS TRAINING

SPORTY START (3-5 y/o)

Sport skills development program based on the international guidelines and ideas. We make kids love to be active and guide them to shape basic skills needed for performance in different sports when they grow up.

SPORTY STAR (6-9 y/o)

Sport skills development program based on the international guidelines and ideas. We continue to develop gross motor skills, muscular strength and endurance, try out different principles of sport. We look for inborn talents and help them grow. All kids are warmly welcome - you give your energy and we guide you to use it in the best possible sporty way!

SPORTY HERO (10-13 y/o)

Sport skills development program based on the international guidelines and ideas. We master a full set of main and specific skills needed to perform in different sports. We encourage you to try and don't give up!
We believe you have all the tools to achieve future success. We will guide you how to activate your potential and win.

ZUMBA KIDS (6-9 y/o)

It's your time to move, groove and have fun! Come and join the party. Let's travel around the world with dance, music & games. If you can smile, you can dance as well - check this out. Easy moves, cool music and lots of games.

ZUMBA JUNIOR (10-13 y/o)

Already love to dance? Come and practice your moves with other like-minded teens. Our easy choreographies, pop music and teacher's smile will lead your path to great performance, joy and pure fun! No previous experience needed. Dance training improves memory, posture and silhouette, self-awareness and agility.

KIDS TRAINING

MOM & BABY (3-5 y/o)

training for moms and babies, depending on your wishes you can exercise together with your baby or let the baby play with others close to your fitness mat. Come and give yourself freedom to exercise and care for your beautiful body. Our highly experienced coach and mother Asia, will take great care of your time at Garden. (60 min.)

RUN X-TREME / CROSS X-TREME (14-17 y/o)

Are you ready for a serious adrenaline dose? Do you love high intensity, full power, extreme energy workouts? It's your best chance to join our obstacle race course and Runmageddonstyle race prep training, come and join us 2 times a week to improve your technique, strength & conditioning, speed and agility. Our highly experienced coaches will teach you top techniques and prep your body for popular running and obstacle races.

YOGA KIDS (6-9 y/o) / YOGA JUNIOR (10-13 y/o)

The class is a story and a journey within our bodies, nature and the Earth. Through visual and verbal cues children travel with imagination and exercise. The teacher carefully meanders between dynamic and static elements and positions. We work on discipline, self-awareness, strength, flexibility and accuracy in a gentle, warm-hearted atmosphere full of happiness and smile.

BOXING (14-17 y/o)

Martial arts training blended with conditioning exercises - this workout is a true energy blast! No-miss for those who burst with energy and want to learn classic techniques of self-defense.

See you soon ;-)