



## **Legend:**

### **Abbreviations :**

**Ae** – aerobics – step, beginners, body form  
**Ba** – basketball  
**Be** – bedminton  
**Fb** – floorball  
**Sw** – swimming  
**SM**-system  
**Yg** – yoga  
**Pil** – pilates

**IF** – indoor football  
**Te** – tennis  
**TT** – table tennis  
**Vo** – volleyball  
**Gw** – gym workout  
**FT** – functional training  
**BB** – body balance  
**Bo** – bouldering

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