

Legend:

Abbreviations :

Ae – aerobics – step, beginners, body form

Ba – basketball

Be – bedminton

Fb – floorball

Sw – swimming

SM-system

Yg – yoga

Pil – pilates

FW – floorwork

IF – indoor football

Te – tennis

TT – table tennis

Vo – volleyball

Gw – gym workout

FT – functional training

D2S – drop 2 sizes

Run FF – run for fit

Bo – bouldering

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Pt

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