

# January 2024

## Standard schedule

Mondays – English class at 10:30am



Tuesdays – Body exercise at 17:30pm

*Intended for children*

Wednesdays – Fairy tale & workshop at 17:30pm

*Fairy tales on our Blog [www.luzeika.sk/blog](http://www.luzeika.sk/blog)*

Thursdays – Self-defense for women at 18:00pm

*Intended for adults*

Fridays – English class at 17:30pm



Saturdays – Training for Pillow Jumping at 17:30pm

Sundays – we just relax 😊



## Extra schedule



Saturday 6. 1. Training for VS 1

More info on our FB & IG

Saturday 13. 1. Training for VS 2

Saturday 20. 1. Training for VS 3

Pillow Jumping

Saturday 27. 1. Vankúšové Skákaníčko



*Dog walkings on our Blog [www.luzeika.sk/blog](http://www.luzeika.sk/blog)*