



Employees' Gymnastics 2.

Joy, power, recreation

Pleasant gymnastics after whole day-long sedentary activities, which provide the firming and strengthening of the critical body parts, creating a happier mood with the help of dance steps and recreation by relaxing at the end of the classes.

Instructor: [Szuhán-Glass Beáta](#) [1]

Time: Thursdays at 4:45pm-5:45pm

Location: PTE Dance Studio (Ifjúság útja 6. building B)

For registration please log in at the right bottom part of the page. If any problem occurs please refresh the page.

[REGISTRATION](#) [2]

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Links

[1] http://tancolo.pte.hu/hu/szuhan_glass_beata#overlay-context=hu/tartalom/orarend [2]

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