

# Bodyforming

**Lector:** Petra Kubinčiaková

**Course cod:** ZKF216

This course is focused on strengthening the muscles of the whole body and an efficient fat burning.

Individual lessons are complemented by strengthening the whole body with one's own weight as well as with the fitness equipment.

## Venue

Gym IB307

University of Economics - W. Churchill Sq. 1938/4, 130 67 Prague 3 – Žižkov,  
[mapa](#)

