

Dance / Step aerobik

Lector: Jaroslav Vobr

Course code: ZKF208

During the whole semester the lessons of Dance aerobic and Step aerobic are rotated while being complemented with stretching and strengthening of abdominal muscles at the end of individual lessons.

Venue

Gym IB307

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

