

# Tabata

**Lector:** Eva Šťastná

**Course code:** ZKF215

Tabata focuses on strengthening the whole body while increasing caloric expenditure. It is especially suitable for those who wish to actively relax. It is appropriate for beginners and advanced alike.

## Venue

Gym IB307

University of Economics - W. Churchill Sq. 1938/4, 130 67 Prague 3 – Žižkov,

[mapa](#)

