

Legend:

Abbreviations:

Ae – aerobics

Step- step aerobics

Ba – basketball

Be – bedminton

Fb – floorball

Sw – swimming

SM-system

Yg – yoga

Pil – pilates

Aik – aikido

BF- Body form

IF – indoor football

Te – tennis

TT – table tennis

Vo – volleyball

Gw – gym workout

FT – functional training

BB – body balance

Bo – bouldering

Ta- tabata

UF- ultimate frisbee

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