



Wellness Club Regent

GRAFIK ZAJĘĆ FITNESS

FITNESS CLASSES TIMETABLE

ważny od 09/03/2020
valid from 09/03/2020

Poniedziałek Monday	Wtorek Tuesday	Środa Wednesday	Czwartek Thursday	Piątek Friday	Sobota Saturday	Niedziela Sunday
09:00 Power Yoga fitness studio Dagmara 90`	07:00 Cycling fitness studio Krzysiek 60`	09:30 Power Yoga fitness studio Dagmara 90`	07:00 Cycling fitness studio Krzysiek 60`	10:00 Healthy Spine fitness studio Kasia 60`	08:15 Cycling fitness studio Krzysiek 90`	09:30 ABS & Core fitness studio Dagmara 25`
10:30 TBC fitness studio Kasia 60`	10:00 Hatha Yoga fitness studio Ewa 90`	11:30 TBC fitness studio Kasia 60`	09:30 Body Sculpt fitness studio Paweł 55`	12:45 Aqua Fitness pool Dominika 45`	10:00 ABS & Core fitness studio Dagmara 30`	09:55 Power Yoga fitness studio Dagmara 75`
			09:30 Hatha Yoga pool Ewa 90`		10:30 Power Yoga fitness studio Dagmara 75`	
			10:30 Pilates fitness studio Paweł 60`		12:00 Pilates fitness studio Iwona 60`	
18:15 Pilates fitness studio Iwona 55`	18:15 Body Sculpt fitness studio Paweł 55`	17:00 Hatha Yoga fitness studio Ewa 90`	18:15 Power Bar fitness studio Ania 60`	18:30 Body Shape fitness studio Aniela 60`		
19:20 Aqua Fitness pool Iwona 45`	19:15 ABS fitness studio Paweł 30`	18:30 Body Shape fitness studio Aniela 60`	19:15 Power Pilates fitness studio Ania 60`	19:30 Stretching fitness studio Aniela 30`		
20:00 Triathlon Team fitness studio Sebastian 120`	19:45 Stretching fitness studio Paweł 30`	19:30 Aqua Fitness pool Dominika 45`	20:30 Box fitness studio Michał 60`	20:00 Circuit Training fitness studio Mirek 60`		
	20:30 Box fitness studio Michał 60`	20:00 Triathlon Team pool Sebastian 120`		20:45 Sauna Session sauna Oskar 15`		
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