

GRAFIK ZAJĘĆ FITNESS

FITNESS CLASSES TIMETABLE

ważny od 12-11-2021

valid from 12-11-2021

PONIEDZIAŁEK MONDAY	WTOREK TUESDAY	ŚRODA WEDNESDAY	CZWARTEK THURSDAY	PIĄTEK FRIDAY	SOBOTA SATURDAY	NIEDZIELA SUNDAY
09:00 ABS & Power Yoga fitness studio Dagmara 120'	10:00 Hatha Yoga fitness studio Ewa 90'	09:30 ABS & Power Yoga fitness studio Dagmara 120'	10:00 Hatha Yoga fitness studio Ewa 90'	10:00 Hatha Yoga fitness studio Ewa 90'	09:30 ABS & Power Yoga fitness studio Dagmara 120'	09:45 ABS & Power Yoga fitness studio Dagmara 120'
11:30 Aqua fitness pool Kasia 60'		11:30 Pilates fitness studio Kasia 60'		11:30 Aqua fitness pool Kasia 60'		
		17:00 Hatha Yoga fitness studio Ewa 90'	17:00 Aqua fitness pool Kasia 60'	20:30 Spine Yoga fitness studio Ewa 60'		



Wellness Club Regent