

GRAFIK ZAJĘĆ FITNESS

FITNESS CLASSES TIMETABLE

ważny od 05/07/2021

valid from 05/07/2021

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 Pilates fitness studio Kasia 60'	10:00 ABS & Power Yoga fitness studio Dagmara 120'	09:45 ABS & Power Yoga fitness studio Dagmara 120'
11:30 Dance fitness studio Kasia 60'	11:30 Dance fitness studio Kasia 60'	10:00 Hatha Yoga pool Ewa 90'				
		17:00 Hatha Yoga fitness studio Ewa 90'	18:00 Dance fitness studio Kasia 60'	20:30 Yoga kręgosłupa fitness studio Ewa 60'		



Wellness Club Regent