

GRAFIK ZAJĘĆ FITNESS

FITNESS CLASSES TIMETABLE

ważny od 01/10/2020

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 & Power Yoga fitness studio Dagmara 120'
10:45 Dance fitness studio Kasia 60'	10:00 Hatha Yoga fitness studio Ewa 90'	11:30 Dance fitness studio Kasia 60'	09:30 Body Sculpt fitness studio Paweł 55'	12:15 Aqua Fitness pool Dominika 45'	10:00 ABS & Power Yoga fitness studio Dagmara 120'	
			09:30 Hatha Yoga pool Ewa 90'		12:15 Pilates fitness studio Iwona 60'	
18:15 Pilates fitness studio Iwona 55'	18:05 Body Sculpt fitness studio Paweł 55'	17:00 Hatha Yoga fitness studio Ewa 90'	19:00 Dance fitness studio Kasia 60'	18:30 ABT & Stretch fitness studio Aniela 90'		
19:20 Aqua Fitness pool Iwona 45'	19:15 Core & Stretch fitness studio Paweł 60'	18:45 Body Shape fitness studio Aniela 60'	20:15 ABS & Stretch fitness studio Kasia 60'	20:30 Healthy Spine fitness studio Ewa 60'		
	20:30 ABT fitness studio Aniela 60'	19:30 Aqua Fitness pool Dominika 45'		20:45 Sauna Session sauna Oskar 15'		
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Wellness Club Regent