

# GRAFIK ZAJĘĆ FITNESS

## FITNESS CLASSES TIMETABLE

ważny od 24/08/2020

PONIEDZIAŁEK  
MONDAY

WTOREK  
TUESDAY

ŚRODA  
WEDNESDAY

CZWARTEK  
THURSDAY

PIĄTEK  
FRIDAY

SOBOTA  
SATURDAY

NIEDZIELA  
SUNDAY

<b>09:00</b> Power Yoga fitness studio Dagmara 90'	<b>07:00</b> Cycling fitness studio Krzysiek 60'	<b>09:30</b> Power Yoga fitness studio Dagmara 90'	<b>07:00</b> Cycling fitness studio Krzysiek 60'	<b>10:00</b> Healthy Spine fitness studio Kasia 60'	<b>08:15</b> Cycling fitness studio Krzysiek 90'	<b>09:30</b> ABS & Power Yoga fitness studio Dagmara 120'
<b>10:45</b> TBC fitness studio Kasia 60'	<b>10:00</b> Hatha Yoga fitness studio Ewa 90'	<b>11:30</b> TBC fitness studio Kasia 60'	<b>09:30</b> Body Sculpt fitness studio Paweł 55'	<b>12:45</b> Aqua Fitness pool Dominika 45'	<b>10:00</b> ABS & Power Yoga fitness studio Dagmara 120'	
<b>18:15</b> Pilates fitness studio Iwona 55'	<b>18:05</b> Body Sculpt fitness studio Paweł 55'	<b>17:00</b> Hatha Yoga fitness studio Ewa 90'	<b>10:45</b> Pilates fitness studio Paweł 60'	<b>18:30</b> Body Shape fitness studio Aniela 60'	<b>12:15</b> Pilates fitness studio Iwona 60'	
<b>19:20</b> Aqua Fitness pool Iwona 45'	<b>19:15</b> Stretching fitness studio Paweł 60'	<b>18:45</b> Body Shape fitness studio Aniela 60'		<b>19:45</b> Stretching fitness studio Aniela 30'		
<b>20:30</b> Circuit Training fitness studio Mirek 60'	<b>20:30</b> Box fitness studio Michał 60'	<b>19:30</b> Aqua Fitness pool Dominika 45'	<b>20:45</b> Box fitness studio Michał 60'	<b>20:30</b> Circuit Training fitness studio Mirek 60'		
	<b>20:45</b> Sauna Session sauna Oskar 15'			<b>20:45</b> Sauna Session sauna Oskar 15'		



Wellness Club Regent