

GRAFIK ZAJĘĆ FITNESS

FITNESS CLASSES TIMETABLE

ważny od 12-09-2022

valid from 12-09-2022

PONIEDZIAŁEK MONDAY	WTOREK TUESDAY	ŚRODA WEDNESDAY	CZWARTEK THURSDAY	PIĄTEK FRIDAY	SOBOTA SATURDAY	NIEDZIELA SUNDAY
09:00 ABS & Power Yoga fitness studio Dagmara 120'	09:00 Yogalates fitness studio Michalina 75'	09:30 ABS & Power Yoga fitness studio Dagmara 120'	09:00 Yogalates fitness studio Michalina 75'	10:00 Power Yoga fitness studio Dagmara 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 Aqua fitness pool Kasia 60'	11:30 Spine Yoga fitness studio Dagmara 75'				
			17:00 Aqua fitness pool Kasia 60'	18:30 Yogalates fitness studio Michalina 75'		



Wellness Club Regent