

GRAFIK ZAJĘĆ FITNESS

ważny od 09-01-2023

FITNESS CLASSES TIMETABLE

valid from 09-01-2023

PONIEDZIAŁEK MONDAY	WTOREK TUESDAY	ŚRODA WEDNESDAY	CZWARTEK THURSDAY	PIĄTEK FRIDAY	SOBOTA SATURDAY	NIEDZIELA SUNDAY
09:00 ABS & Power Yoga fitness studio Dagmara 120'		09:30 ABS & Power Yoga fitness studio Dagmara 120'		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 Healthy Spine fitness studio Dagmara 75'		
	16:45 ABS fitness studio Dagmara 30'		16:30 ABS & Healthy Spine fitness studio Dagmara 90'			
	17:15 Interval fitness studio Dagmara 60'	17:00 Pilates fitness studio Emilia 60'				



Wellness Club Regent