

# GRAFIK ZAJĘĆ FITNESS

## FITNESS CLASSES TIMETABLE

ważny od 02-08-2022

valid from 02-08-2022

<b>PONIEDZIAŁEK</b> <b>MONDAY</b>	<b>WTOREK</b> <b>TUESDAY</b>	<b>ŚRODA</b> <b>WEDNESDAY</b>	<b>CZWARTEK</b> <b>THURSDAY</b>	<b>PIĄTEK</b> <b>FRIDAY</b>	<b>SOBOTA</b> <b>SATURDAY</b>	<b>NIEDZIELA</b> <b>SUNDAY</b>
<b>09:00</b> <b>ABS &amp; Power Yoga</b> fitness studio Dagmara 120'	<b>10:00</b> <b>Yogalates</b> fitness studio Michalina 75'	<b>09:30</b> <b>ABS &amp; Power Yoga</b> fitness studio Dagmara 120'	<b>10:00</b> <b>Yogalates</b> fitness studio Michalina 75'	<b>10:00</b> <b>Power Yoga</b> fitness studio Dagmara 90'	<b>09:30</b> <b>ABS &amp; Power Yoga</b> fitness studio Dagmara 120'	<b>09:45</b> <b>ABS &amp; Power Yoga</b> fitness studio Dagmara 120'
<b>11:30</b> <b>Aqua fitness</b> pool Kasia 60'		<b>11:30</b> <b>Aqua fitness</b> pool Kasia 60'				
	<b>19:15</b> <b>Cross Training</b> fitness studio Adam 60'		<b>17:00</b> <b>Aqua fitness</b> pool Kasia 60'			
			<b>19:15</b> <b>Cross Training</b> fitness studio Adam 60'			



Wellness Club Regent