

GRAFIK ZAJĘĆ FITNESS

FITNESS CLASSES TIMETABLE

ważny od 05-04-2022

valid from 05-04-2022

PONIEDZIAŁEK MONDAY	WTOREK TUESDAY	ŚRODA WEDNESDAY	CZWARTEK THURSDAY	PIĄTEK FRIDAY	SOBOTA SATURDAY	NIEDZIELA SUNDAY
09:00 ABS & Power Yoga fitness studio Dagmara 120'	10:00 Hatha Yoga fitness studio Ewa 90'	09:30 ABS & Power Yoga fitness studio Dagmara 120'	10:00 Hatha Yoga fitness studio Ewa 90'	10:00 Hatha Yoga fitness studio Ewa 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 60'		
	19:30 Cross Training fitness studio Adam 60'	17:00 Hatha Yoga fitness studio Ewa 90'	17:00 Aqua fitness pool Kasia 60'	20:30 Spine Yoga fitness studio Ewa 60'		
			19:30 Boxing fitness studio Adam 60'			



Wellness Club Regent