

starting 1.10. 2018		Timetable of classes B1F Club			Benešova 14	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 8.00	8.00 - 9.00	7.00 - 8.00	7.15 - 8.15	7.00 - 8.00	9.30 - 10.30	10.00 - 14.00
BOOT CAMP	POLE DANCE	BOOT CAMP	POLE DANCE	BOOT CAMP	POLE DANCE	POLE DANCE
Edita	A Honza	Edita	A, B, C Honza	Diana / Edita	A, B, C Hanka P./Natka	Trénink bez lektora na 1 hod
	10.15 - 11.15		10:15 - 11:15	8.05 - 9.05		
	YOGA for HEALTHY BACK		PILATES	POLE DANCE		
	Evelina		Evelina	A Honza		
15.10 - 16.10		15.25 - 16.25	14.55 - 15.55	9.30 - 15.30		
POLE DANCE Kids starting 17.9.		POLE DANCE	POLE DANCE Kids	POLE DANCE		
Natka, Hana		A,B Hanka P	Natka	Trénink bez lektora na 1h		
16.15 - 17.15	16.15 - 17.15	16.30 - 17.30	16:00 - 17:00		11.00 - 19.00	15.00 - 16.00
SIX PACK ABS	FIT ABS&BOOTY	FIT ABS&BOOTY	FIT ABS&BOOTY		POLE DANCE	POLE DANCE
Adam	Enriko	Sylva	Silvie		Trénink bez lektora na 1h	A, B, C Hana
17.15 - 18.15	17.15 - 18.15	17.30 - 18.30	17.00 - 18.00	16.00 - 17.00		16.00 - 17.00
YOGA for HEALTHY BACK	HEALTHY BACK	HEALTHY BACK	POWER YOGA	STRETCHING		POLE DANCE + Kids
Evelina	Edita	Edita	Silvie	Viola / Edita / Sylva		A Hana
18.15 - 19.15	18.15 - 19.15	18.30 - 19.30	18.00 - 19.00	17.05 - 18.05		18.15 - 19.15
TABATA	BOOT CAMP	FUNCTIONAL TRAINING	TEAM PUMP	POLE DANCE		DYNAMIC YOGA
Adam	Edita	Edita	Jana	B, C Hanka P. / Natka		Šárka
19.20 - 20.20	19.20 - 20.20	19.35 - 20.35	19.05 - 20.05	18.05 - 19.05		19.15 - 20.15
POLE DANCE	POLE DANCE	POLE DANCE	POLE DANCE	POLE DANCE		POLE DANCE
A Hanka P.	A Natka / Hana	A Natka	A Hana	A,B Hanka P. / Natka		B, C Lucie
20.20 - 21.20	20.20 - 21.20		20.05 - 21.05	19.05 - 20.05		
POLE DANCE	POLE DANCE		POLE FLEXI	POLE CHOREO		
A, B, C Hanka P	B, C Natka / Hana		A, B, C Hana	A, B, C Hanka/Natka/Hana		
Pole Dance:	A - beginners	B - intermediate	C - advanced	speakers	www.big1fitness.cz - rezervations online	