


starting 1.7. 2019

Timetable of classes B1F Mendlák, Václavská 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				7.00 – 8.00 WAKE UP- ROWING Martin		
	17.00 - 18.15 ROWING (except 23.7.,30.7.,13.8.,20.8.) Jakub	17.15 - 18.15 BOSSU (except 3.7.,24.7.) Marcela	17.15 - 18.15 FIT ABS&BOOTY Diana	17:30 - 18:45 TEAM PUMP Marilena		
18.15 - 19.15 TEAM PUMP Honza	18.15 - 19.15 VINYASA FLOW YOGA Eva	18.15 - 19.15 TEAM PUMP Honza	18.15 - 19.15 FUNCTIONAL TRAINING Alexei			
	19.15 – 20.15 BOXING Alexei		19.15 – 20.30 KICKBOXING Tomáš		 <p>BIG ONE FITNESS www.big1fitness.cz</p>	

www.big1fitness.cz - reservations online