

starting 16.9. 2019		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		
BOOT CAMP	POLE DANCE	BOOT CAMP	POLE DANCE	BOOT CAMP		
Edita	A Honza	Edita	A, B, C Honza	Diana / Edita		
9:15 -10:15	10.15 - 11.15		10:15 - 11:15	8.05 - 9.05		
FIT ABS&BOOTY	YOGA for HEALTHY BACK		PILATES	POLE DANCE		
Sylva	Evelina		Evelina	A Honza		
15.10 - 16.10		15.25 - 16.25				15.00 - 16.00
POLE DANCE Kids		POLE DANCE				POLE DANCE
Natka, Hana		A,B Hanka P				A, B, C Hana
16.15 - 17.15	16.15 - 17.15	16.30 - 17.30	15.55 - 16.55			16.00 - 17.00
SIX PACK ABS	FIT ABS&BOOTY	FIT ABS&BOOTY	POLE DANCE Kids			POLE DANCE Kids
Adam	Enriko	Sylva	Natka			A Hana
17.15 - 18.15	17.15 - 18.15	17.30 - 18.30	17.00 - 18.00			
YOGA for HEALTHY BACK	HEALTHY BACK	HEALTHY BACK	POWER YOGA			
Evelina	Edita	Edita	Šárka/Edita			
18.15 - 19.15	18.15 - 19.15	18.30 - 19.30		17.30 - 18.30		18.15 - 19.15
TABATA	BOOT CAMP	FUNCTIONAL TRAINING		POLE DANCE		DYNAMIC YOGA
Adam	Edita	Edita		B, C Hanka P. / Natka		Šárka
19.20 - 20.20	19.20 - 20.20	19.45 - 20.45	19.05 - 20.05			19.15 - 20.15
POLE DANCE	POLE DANCE	POLE DANCE	POLE DANCE			POLE DANCE
A Hanka P.	A Natka / Hana	A Natka	A Hana			A, B, C Lucie
	20.20 - 21.20		20.05 - 21.05			
	POLE DANCE		POLE FLEXI			
	B, C Natka / Hana		A, B, C Hana			
Pole Dance:	A - beginners	B - intermediate	C - advanced	training without instructor and loud speakers	www.big1fitness.cz - rezervations online	