


starting 30.9. 2019

Timetable of classes B1F Mendlák, Václavská 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				7.00 – 8.00 WAKE UP- ROWING Martin		
17.15 - 18.15 BODY STYLING Linda	17.00 - 18.15 ROWING Jakub	17.15 - 18.15 BOSSU Marcela	17.15 - 18.15 TABATA Adam	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 from 1.11. Alexei			17:30 - 18:30 FITBOX Jana
	19.15 – 20.15 BOX Tomáš / Alexei	19.15 - 20.15 ROWING Ondra	19.15 – 20.30 KICKBOXING Tomáš		 <p>BIG ONE FITNESS www.big1fitness.cz</p>	18:30 - 19:30 POWER YOGA Jana

www.big1fitness.cz - reservations online