

starting 30.9. 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	9.00 - 10.00	
<b>BOOT CAMP</b>	<b>POLE DANCE</b>	<b>BOOT CAMP</b>	<b>POLE DANCE</b>	<b>BOOT CAMP</b>	<b>POLE DANCE</b>	
Edita	A Honza	Edita	A, B, C Honza	Diana	A, B, C Petra / Natka	
9:15 -10:15	10.15 - 11.15		10:15 - 11:15	8.05 - 9.05		
<b>FIT ABS&amp;BOOTY</b>	<b>YOGA for HEALTHY BACK</b>		<b>PILATES</b>	<b>POLE DANCE</b>		
Sylva	Evelina		Evelina	A Honza		
15.10 - 16.10		15.25 - 16.25				15.00 - 16.00
<b>POLE DANCE Kids from 16.9.</b>		<b>POLE DANCE</b>				<b>POLE DANCE from 16.9.</b>
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
<b>SIX PACK ABS</b>	<b>BOOT CAMP</b>	<b>FIT ABS&amp;BOOTY</b>	<b>POLE DANCE Kids from 16.9.</b>			<b>POLE DANCE Kids from 16.9.</b>
Adam	Edita	Sylva	Natka			
17.15 - 18.15	17.15 - 18.15	17.30 - 18.30	17.00 - 18.00			
<b>YOGA for HEALTHY BACK</b>	<b>HEALTHY BACK</b>	<b>HEALTHY BACK</b>	<b>POWER YOGA</b>			
Evelina	Edita	Edita	Silvie			
18.15 - 19.15	18.15 - 19.15	18.30 - 19.30	18:00 - 19:00	17.05 - 18.05		18.15 - 19.15
<b>TABATA</b>	<b>SUPER KARDIO - Cardio Inferno</b>	<b>FUNCTIONAL TRAINING</b>	<b>FUNCTIONAL TRAINING</b>	<b>POLE DANCE</b>		<b>DYNAMIC YOGA</b>
Adam	Edita	Edita	Diana	B, C Hanka P. / Natka / Petra		Šárka
19.20 - 20.20	19.20 - 20.20	19.45 - 20.45	19.05 - 20.05	18.05 - 19.05		19.15 - 20.15
<b>POLE DANCE</b>	<b>POLE DANCE</b>	<b>POLE DANCE</b>	<b>POLE DANCE</b>	<b>POLE DANCE</b>		<b>POLE DANCE</b>
A Hanka P.	A Natka / Hana	A Natka	A Hana	A,B Hanka P. / Natka / Petra		A, B, C Lucie
	20.20 - 21.20		20.05 - 21.05	19.05 - 20.05		
	<b>POLE DANCE</b>		<b>POLE FLEXI</b>	<b>POLE CHOREO</b>		
	B, C Natka / Hana		A, B, C Hana	A, B, C Hanka/Natka/Hana		
<b>Pole Dance:</b>	A - beginners	B - intermediate	C - advanced	training without instructor and loud speakers	<a href="http://www.big1fitness.cz">www.big1fitness.cz</a> - rezervations online	