

starting 19.1.2024

Timetable of classes B1F
Václavská 6



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:15 - 18:15 FIT ABS&BOOTY Linda	17:10 - 18:10 TABATA Adam	17:10 - 18:10 HEALTHY BACK with physiotherapist Martin	17:10 - 18:10 TABATA Adam	17:15 - 18:15 TEAM PUMP start starting 19.1.2024 Zdenko		
18:20 - 19:20 TEAM PUMP Vojta	18:30 - 19:30 HEALTHY BACK with physiotherapist Martin	18:15 - 19:15 TEAM PUMP Vojta	18:15 - 19:35 ROWING Jakub			

www.big1fitness.cz - rezervations online