

| starting 2.1.2020            |                                      | 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                                   | 9.15 - 10.15   |                          |
| <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                 |                            |   |  | 14.00 - 15.00            |
| <b>POLE DANCE Kids</b>       |                                      | <b>POLE DANCE</b>             |                            |   |  | <b>POLE DANCE</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              |   |  | 15.00 - 16.00            |
| <b>SIX PACK ABS</b>          | <b>BOOT CAMP</b>                     | <b>FIT ABS&amp;BOOTY</b>      | <b>POLE DANCE Kids</b>     |   |  | <b>POLE DANCE + Kids</b> |
| Adam                         | Edita                                | Sylva                         | Natka                      |   |  | A Hana                   |
| 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                         | Martin                               | Edita                         | Diana                      | B, C Petra                                    |  | Šárka                    |
| 19.20 - 20.20                | 19.20 - 20.20                        | 19.35 - 20.35                 | 19.05 - 20.05              | 18.05 - 19.05                                 |  | 19.20 - 20.20            |
| <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 Petra                                     |  | A, B, C Lucie            |
| 20.20 - 21.20                | 20.20 - 21.20                        |                               | 20.05 - 21.05              |   |  |                          |
| <b>POLE CHOREO</b>           | <b>POLE DANCE</b>                    |                               | <b>POLE FLEXI</b>          |   |  |                          |
| A, B, C Hanka/Natka/Hana     | B, C Natka / Hana                    |                               | A, B, C 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 |                          |