

starting 7.12.2020

Timetable of classes B1F Club Benešova 14



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 8.00 BOOT CAMP Edita	8.00 - 9.00 POLE DANCE A Honza	7.00 - 8.00 BOOT CAMP Edita	7.15 - 8.15 POLE DANCE A, B, C Honza	7.00 - 8.00 BOOT CAMP Kristína		
10:15 - 11:15 FIT ABS&BOOTY Sylva	10.15 - 11.15 YOGA for HEALTHY BACK Evelina		10:15 - 11:15 PILATES Evelina	10:15 - 11:15 FIT ABS&BOOTY Sylva		
		15.20 - 16.20 POLE DANCE A,B Hanka				15.00 - 16.00 POLE DANCE + Kids A Hana
16.10 - 17.10 SIX PACK ABS Adam	16.10 - 17.10 BOOT CAMP Edita	16.25 - 17.25 FIT ABS&BOOTY Sylva				
17.15 - 18.15 YOGA for HEALTHY BACK Evelina	17.15 - 18.15 HEALTHY BACK Edita	17.30 - 18.30 HEALTHY BACK Edita	17.00 - 18.00 POWER YOGA Silvie			17.15 - 18.15 YOGA FLOW Terka
18.20 - 19.20 TABATA Adam	18.20 - 19.20 SUPER CARDIO - Cardio Inferno Martin	18.35 - 19.35 FUNCTIONAL TRAINING Edita	18:05 - 19:05 FUNCTIONAL TRAINING Silvie	17.00 - 18.00 POLE DANCE B, C Natka		
19.25 - 20.25 POLE DANCE A, B Hanka	19.25 - 20.25 POLE DANCE A Natka / Hana	19.40 - 20.40 POLE DANCE A Staňa	19.10 - 20.10 POLE DANCE A Hana			19.20 - 20.20 POLE DANCE A, B, C Lucie
20.25 - 21.25 POLE CHOREO A, B, C Hanka/Natka/Hana						
Pole Dance:	A - beginners	B - intermediate	C - advanced			www.big1fitness.cz - rezervations online