

starting 1.2.2021

**Timetable of classes B1F Club  
Benešova 14**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 8.00 <b>BOOT CAMP</b> Edita	8.00 - 9.00 <b>POLE DANCE</b> A Honza	7.00 - 8.00 <b>BOOT CAMP</b> Edita	7.15 - 8.15 <b>POLE DANCE</b> A, B, C Honza	7.00 - 8.00 <b>BOOT CAMP</b> Kristina		
9.15 - 10.15 <b>FIT ABS&amp;BOOTY</b> Sylva	10.15 - 11.15 <b>YOGA for HEALTHY BACK</b> Evelina		10.15 - 11.15 <b>PILATES</b> Evelina			
		15.20 - 16.20 <b>POLE DANCE</b> A,B Hanka				15.00 - 16.00 <b>POLE DANCE + Kids</b> A Hana
16.10 - 17.10 <b>SIX PACK ABS</b> Adam	16.10 - 17.10 <b>BOOT CAMP</b> Edita	16.25 - 17.25 <b>FIT ABS&amp;BOOTY</b> Sylva				
17.15 - 18.15 <b>YOGA for HEALTHY BACK</b> Evelina	17.15 - 18.15 <b>HEALTHY BACK</b> Edita	17.30 - 18.30 <b>HEALTHY BACK</b> Edita	17.00 - 18.00 <b>POWER YOGA</b> Silvie			
18.20 - 19.20 <b>TABATA</b> Adam	18.20 - 19.20 <b>SUPER CARDIO - Cardio Inferno</b> Martin	18.35 - 19.35 <b>FUNCTIONAL TRAINING</b> Edita	18.05 - 19:05 <b>FUNCTIONAL TRAINING</b> Diana	17.00 - 18.00 <b>POLE DANCE</b> B, C Natka		
19.25 - 20.25 <b>POLE DANCE</b> A, B Hanka	19.25 - 20.25 <b>POLE DANCE</b> A Natka / Hana	19.40 - 20.40 <b>POLE DANCE</b> A Natka	19.10 - 20.10 <b>POLE DANCE</b> A Hana			19.20 - 20.20 <b>POLE DANCE</b> A, B, C Lucie
20.25 - 21.25 <b>POLE CHOREO</b> A, B, C Hanka/Natka/Hana						
<b>Pole Dance:</b>	A - beginners	B - intermediate	C - advanced			<a href="http://www.big1fitness.cz">www.big1fitness.cz</a> - rezervations online