

starting 31.5.2021

**Timetable of classes B1F Club
Benešova 14**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 8.00 BOOT CAMP Kristina	8.00 - 9.00 POLE DANCE A Honza	7.00 - 8.00 BOOT CAMP Miša		7.00 - 8.00 BOOT CAMP Kristina		
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		
	16.30 - 17.30 BOOT CAMP Sandra	16.25 - 17.25 FIT ABS&BOOTY Sylva				
17.15 - 18.15 YOGA for HEALTHY BACK Evelina			17.00 - 18.00 POWER YOGA Silvie			
18.20 - 19.20 TABATA Adam	18.15 - 19.15 SUPER CARDIO - Cardio Inferno Martin	18.35 - 19.35 FUNCTIONAL TRAINING Kristina	18:05 - 19:05 FUNCTIONAL TRAINING Silvie			18.30 - 19.30 POLE DANCE A, B, C Lucie
19.25 - 20.25 POLE DANCE A, B Hanka	19.25 - 20.25 POLE DANCE A Hana	19.40 - 20.40 POLE DANCE A Staňa				
Pole Dance:	A - beginners	B - intermediate	C - advanced			www.big1fitness.cz - reservations online