

starting 27.9. 2021

Timetable of classes B1F Club Benešova 14



pondělí	úterý	středa	čtvrtek	pátek	sobota	neděle
7.00 - 8.00	8:00 - 9:00	7.00 - 8.00	7:15 - 8:15	7.00 - 8.00		
BOOT CAMP	POLE DANCE	BOOT CAMP	POLE DANCE	BOOT CAMP		
Kristína	A - Honza	Míša	A, B, C - Honza	Kristína		
10:15 - 11:15	10.15 - 11.15		10:15 - 11:15	10:15 - 11:30		
FIT ABS&BOOTY	YOGA for HEALTHY BACK		PILATES	FIT ABS&BOOTY + stretching		
Sylva	Evelina		Evelina	Sylva		
				11:00 - 11:30		
				STRETCHING		
				Sylva		
		16.20 - 17.20	16.00 - 16.55			
		PEVNÉ BŘICHO A ZADEK	POLE DANCE Kids starting 16.9.			
		Sylva	A Hana			
17.15 - 18.15		17.30 - 18.30	17.00 - 18.00			17.15 - 18.15
YOGA for HEALTHY BACK		HEALTHY BACK	POWER YOGA starting 23.9.			YOGA FLOW
Evelina		Terka	Silvie			Terka
18.20 - 19.20	18.20 - 19.20	18.35 - 19.35	18:05 - 19:05			18:30 - 19:30
TABATA	SUPER KARDIO - Cardio Inferno	FUNCTIONAL TRAINING	FUNCTIONAL TRAINING from 23.9.			POLE DANCE
Adam	Martin	Kristína	Silvie			A, B - Lucie L.
19:25 - 20:25	19:30 - 20:30	19:40 - 20:40				
POLE DANCE	POLE DANCE	POLE DANCE				
A, B - Lucie V.	A, B - Hana	A - Stáňa				
20:25 - 21:25						
POLE DANCE						
A, B, C - Lucie V.						
Pole Dance:	A - beginners	B - intermediate	C - advanced		www.big1fitness.cz - rezervations online	