

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		
<b>BOOT CAMP</b>	<b>POLE DANCE</b>	<b>BOOT CAMP</b>	<b>POLE DANCE</b>	<b>BOOT CAMP</b>		
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		
<b>FIT ABS&amp;BOOTY</b>	<b>YOGA for HEALTHY BACK</b>		<b>PILATES</b>	<b>FIT ABS&amp;BOOTY + stretching</b>		
Sylva	Evelina		Evelina	Sylva		
				11:00 - 11:30		
				<b>STRETCHING</b>		
				Sylva		
16:10 - 17:10		16.20 - 17.20	16.00 - 16.55			
<b>POLE DANCE + kids</b>		<b>FIT ABS&amp;BOOTY</b>	<b>POLE DANCE Kids starting 16.9.</b>			
A, B - Lucie V.		Sylva	A Hana			
17.15 - 18.15		17.30 - 18.30	17.00 - 18.00			17.15 - 18.15
<b>YOGA for HEALTHY BACK</b>		<b>HEALTHY BACK</b>	<b>POWER YOGA starting 23.9.</b>			<b>YOGA FLOW</b>
Evelina		Terka	Silvie			Terka
18.20 - 19.20	18.20 - 19.20	18.35 - 19.35	18:05 - 19:05			18:30 - 19:30
<b>TABATA</b>	<b>SUPER KARDIO - Cardio Inferno</b>	<b>FUNCTIONAL TRAINING</b>	<b>FUNCTIONAL TRAINING from 23.9.</b>			<b>POLE DANCE</b>
Adam	Martin	Kristína	Silvie			A, B - Lucie L.
19:25 - 20:25	19:30 - 20:30	19:40 - 20:40				
<b>POLE DANCE</b>	<b>POLE DANCE</b>	<b>POLE DANCE</b>				
A, B - Lucie V.	A, B - Hana	A - Stáňa				
<b>Pole Dance:</b>	A - beginners	B - intermediate	C - advanced		<a href="http://www.big1fitness.cz">www.big1fitness.cz</a> - rezervations online	