

starting 20.11. 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		
FIT ABS&BOOTY			PILATES	FIT ABS&BOOTY + stretching		
Silvie			Evelina	Silvie		
16:10 - 17:10		16.20 - 17.20	16.00 - 16.55			
TABATA		FIT ABS&BOOTY	POLE DANCE Kids			
Adam		Silvie	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			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			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				
Pole Dance:	A - beginners	B - intermediate	C - advanced		www.big1fitness.cz - rezervations online	