

starting 27.6. 2022

## Timetable of classes B1F Club Benešova 14



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00 - 8.00 <b>BOOT CAMP</b> Kristina	8.00 - 9.00 <b>POLE DANCE</b> A - Honza	7.00 - 8.00 <b>BOOT CAMP</b> Kristina	7.15 - 8.15 <b>POLE DANCE</b> A, B, C - Honza	7.00 - 8.00 <b>BOOT CAMP</b> Kristina		
10.15 - 11.15 <b>FIT ABS&amp;BOOTY</b> Silvie			10.15 - 11.15 <b>PILATES</b> Evelina	8.15 - 9.15 <b>POLE DANCE</b> A - Honza		
				10.15 - 11.15 <b>FIT ABS&amp;BOOTY</b> Silvie		
16.10 - 17.10 <b>TABATA</b> Adam		16.20 - 17.20 <b>FIT ABS&amp;BOOTY</b> Silvie				
17.15 - 18.15 <b>YOGA for HEALTHY BACK</b> Evelina	17.10 - 18.10 <b>POLE DANCE</b> A, B, C - Petra	17.30 - 18.30 <b>HEALTHY BACK</b> Terka	17.00 - 18.00 <b>POWER YOGA</b> Silvie			
18.30 - 19.30 <b>POLE DANCE</b> A, B - Petra	18.20 - 19.20 <b>SUPER KARDIO - Cardio Inferno</b> Martin	18.45 - 19.45 <b>POLE DANCE</b> A - Stáňa	18.05 - 19.05 <b>FUNCTIONAL TRAINING</b> Silvie			18.30 - 19.30 <b>POLE DANCE</b> A, B - Lucie L.
	19.30 - 20.30 <b>POLE DANCE</b> A, B - Hana					
<b>Pole Dance:</b>	A - beginners	B - intermediate	C - advanced			<a href="http://www.big1fitness.cz">www.big1fitness.cz</a> - rezervations online