

starting 27.6. 2022

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 Kristina	7.15 - 8.15 POLE DANCE A, B, C - Honza	7.00 - 8.00 BOOT CAMP Kristina		
10.15 - 11.15 FIT ABS&BOOTY Silvie				8.15 - 9.15 POLE DANCE A - Honza		
				10.15 - 11.15 FIT ABS&BOOTY Silvie		
16.10 - 17.10 TABATA Adam		16.20 - 17.20 FIT ABS&BOOTY Silvie				
17.15 - 18.15 YOGA for HEALTHY BACK Evelina	17.10 - 18.10 POLE DANCE A, B, C - Petra	17.30 - 18.30 HEALTHY BACK Terka	17.00 - 18.00 POWER YOGA Silvie			
18.30 - 19.30 POLE DANCE A, B - Petra	18.20 - 19.20 SUPER KARDIO - Cardio Inferno Martin	18.45 - 19.45 POLE DANCE A - Stáňa	18.05 - 19.05 FUNCTIONAL TRAINING Silvie			18.30 - 19.30 POLE DANCE A, B - Lucie L.
	19.30 - 20.30 POLE DANCE A, B - Hana					
Pole Dance:	A - beginners	B - intermediate	C - advanced			www.big1fitness.cz - rezervations online