

starting 3.10.2022

Timetable of classes B1F Club Benešova 14



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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		
Dominik	Honza	Miša	Honza	Kristina		
10:15 - 11:15				8:15 - 9:15		
FIT ABS&BOOTY				POLE DANCE		
Sylva				Honza		
				10:15 - 11:15		
				FIT ABS&BOOTY		
				Sylva		
16:10 - 17:10		16:20 - 17:20	16:10 - 17:00	16:30 - 17:30		
TABATA		FIT ABS&BOOTY	POLE DANCE Kids	POLE DANCE Kids		
Adam		Sylva	Hana	Hana / Natka		
17:15 - 18:15	17:15 - 18:15	17:30 - 18:30	17:05 - 18:05	17:30 - 18:30		
YOGA for HEALTHY BACK	PUMP IT UP	HEALTHY BACK	POWER YOGA	POLE DANCE		
Evelina	Michal	Terka	Silvie	Natka / Peťa		
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	POLE DANCE	FUNKČNÍ TRÉNINK			POLE DANCE
Adam	Martin	Stáňa	Silvie			Lucie
19:25 - 20:25	19:30 - 20:30	19:40 - 20:40	19:10 - 20:10			
POLE DANCE	POLE DANCE	POLE DANCE	POLE DANCE			
Peťa	Hana	Peťa	Natka			

www.big1fitness.cz - rezervations online