

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 | PILATES for healthy back starting 8.11. | HEALTHY BACK | POWER YOGA | POLE DANCE | | |
| Evelina | Silvie | 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