

starting 3.5.2023

## Timetable of classes B1F Club Benešova 14



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 <b>BOOT CAMP</b> Dominik	8:00 - 9:00 <b>POLE DANCE</b> Honza	7:00 - 8:00 <b>BOOT CAMP</b> Miša	7:15 - 8:15 <b>POLE DANCE</b> Honza	7:00 - 8:00 <b>BOOT CAMP</b> Kristina		
10:15 - 11:15 <b>FIT ABS&amp;BOOTY</b> Sylva				8:15 - 9:15 <b>POLE DANCE</b> Honza		
			10:00 - 11:00 <b>POLE DANCE</b> Hanka P.	10:15 - 11:15 <b>FIT ABS&amp;BOOTY</b> Sylva		
16:10 - 17:10 <b>TABATA</b> Adam	16:00 - 17:00 <b>POLE DANCE</b> Stáňa	16:20 - 17:20 <b>FIT ABS&amp;BOOTY</b> Sylva	16:10 - 17:00 <b>POLE DANCE Kids</b> Hana	16:30 - 17:30 <b>POLE DANCE Kids</b> Hana / Natka		
17:15 - 18:15 <b>YOGA for HEALTHY BACK</b> Evelina	17:05 - 18:05 <b>PILATES for healthy back</b> Silvie	17:30 - 18:30 <b>HEALTHY BACK</b> Terka	17:05 - 18:05 <b>POWER YOGA</b> Silvie	17:30 - 18:30 <b>POLE DANCE</b> Natka / Peťa		
18:20 - 19:20 <b>TABATA</b> Adam	18:20 - 19:20 <b>SUPER KARDIO - Cardio Inferno</b> Martin	18:35 - 19:35 <b>POLE DANCE</b> Peťa	18:05 - 19:05 <b>FUNKČNÍ TRÉNINK</b> Silvie			18:30 - 19:30 <b>POLE DANCE</b> Lucie
19:25 - 20:25 <b>POLE DANCE</b> Hanka P.	19:30 - 20:30 <b>POLE DANCE</b> Hana	19:40 - 20:40 <b>POLE DANCE</b> Stáňa	19:15 - 20:15 <b>POLE DANCE</b> Natka			

[www.big1fitness.cz](http://www.big1fitness.cz) - reservations online

<b>žluté lekce</b>	rychlé	sportovní oblečení, ručník a tenisky
<b>zelené lekce</b>	pomalé	sportovní oblečení, přezůvky, ručník, cvičí se bez obuvi
<b>pole dance</b>		kraťásky, přezůvky, ručník, cvičí se bez obuvi