

starting 14.10. 2023

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 starting 31.10.	BOOT CAMP	POLE DANCE	BOOT CAMP		
Dominik	Honza	Miša	Natka	Kristína		
10:15 - 11:15	10:15 - 11:15			8:15 - 9:15		
FIT ABS&BOOTY	PILATES			POLE DANCE starting 3.11.		
Sylva	Evelina			Honza		
				10:15 - 11:15		
				FIT ABS&BOOTY		
				Sylva		
16:15 - 17:15		16:20- 17:20	16:10 - 17:00			
SUPER PUMP		FIT ABS&BOOTY	POLE DANCE Kids			
Martin		Sylva	Hana			
17.15 - 18.15	17:05 - 18:05	17.30 - 18.30	17.05 - 18.05	17:30 - 18:30		
YOGA for HEALTHY BACK	PILATES for HEALTHY BACK	POLE DANCE	POWER YOGA	POLE DANCE		
Evelina	Silvie	Stáňa	Silvie	Natka / Peťa		
18:20 - 19:20	18:10- 19:10	18:35 - 19:35	18:05 - 19:05			18:30 - 19:30
FUNCTIONAL TRAINING	SUPER KARDIO - Cardio Inferno	POLE DANCE	FUNCTIONAL TRAINING			POLE DANCE
Edita	Martin	Peťa	Silvie			Lucie
19:30 - 20:30	19:20- 20:20	19:35 - 20:35	19:15 - 20:15			
POLE DANCE	POLE DANCE	POLE DANCE	POLE DANCE			
Hanka	Hana	Peťa	Natka			

www.big1fitness.cz - reservations online

yellow classes	fast	sports wear and clean sports shoes, towel
green classes	slow	sports wear and slippers, towel, workout is without shoes
pole dance		shorts and slippers, towel, workout is without shoes