

starting 2.1.2024

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	10:15 - 11:15 <b>PILATES</b> Evelina			8:15 - 9:15 <b>POLE DANCE</b> Honza		
				10:15 - 11:15 <b>FIT ABS&amp;BOOTY</b> Sylva		
16:15 - 17:15 <b>SUPER PUMP</b> Martin		16:20 - 17:20 <b>FIT ABS&amp;BOOTY</b> Sylva	16:10 - 17:00 <b>POLE DANCE Kids</b> Hana			
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>POLE DANCE</b> Stáňa	17:05 - 18:05 <b>POWER YOGA</b> Silvie	17:30 - 18:30 <b>POLE DANCE</b> Natka / Peťa		
18:20 - 19:20 <b>FUNCTIONAL TRAINING</b> Edita	18:10 - 19:10 <b>SUPER KARDIO - Cardio Inferno</b> Martin	18:35 - 19:35 <b>POLE DANCE</b> Peťa	18:05 - 19:05 <b>FIT CORE</b> Silvie			18:30 - 19:30 <b>POLE DANCE</b> Lucie
19:30 - 20:30 <b>POLE DANCE</b> Hanka P.	19:20 - 20:20 <b>POLE DANCE</b> Hana	19:35 - 20:35 <b>POLE DANCE</b> Peťa	19:15 - 20:15 <b>POLE DANCE</b> Natka			

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