

starting 24.5.2024

**Timetable of classes B1F Club
Benešova 14**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 BOOT CAMP Dominik	8:00 - 9:00 POLE DANCE Honza	7:00 - 8:00 BOOT CAMP Miša	7:15 - 8:15 POLE DANCE Honza	7:00 - 8:00 BOOT CAMP Dominik/Viřa		
10:15 - 11:15 FIT ABS&BOOTY Sylva	10:15 - 11:15 PILATES Evelina		9:00 - 10:00 AFROPOWERFIT od 6.6. Doris	8:15 - 9:15 POLE DANCE Honza		
				10:15 - 11:15 FIT ABS&BOOTY Sylva		
16:15 - 17:15 SUPER PUMP Martin	16:00 - 17:00 Private ZUMBA class od 9.7.	16:20 - 17:20 FIT ABS&BOOTY Sylva	16:10 - 17:00 POLE DANCE Kids Hana			
17:15 - 18:15 YOGA for HEALTHY BACK Evelina	17:05 - 18:05 PILATES for healthy back Silvie	17:30 - 18:30 POLE DANCE Hanka P./ Hanka M.	17.05 - 18.05 POWER YOGA Silvie	17:30 - 18:30 POLE DANCE Natka / Peřa		
18:20 - 19:20 FUNCTIONAL TRAINING Edita	18:10 - 19:10 SUPER KARDIO - Cardio Inferno Martin	18:35 - 19:35 POLE DANCE Hanka P./ Hanka M.	18:05 - 19:05 FIT CORE Silvie			18:30 - 19:30 POLE DANCE Lucie
19:30 - 20:30 POLE DANCE Hanka P.	19:20 - 20:20 POLE DANCE Hana		19:15 - 20:15 POLE DANCE Natka			

POLE DANCE , AFROPOWERFIT - entry according to the price list

www.big1fitness.cz - rezervations online