

starting 30.9.2024

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		8:45 - 9:45 POLE DANCE Tina	7:00 - 8:00 BOOT CAMP Edita/Vitka		
10:15 - 11:15 FIT ABS&BOOTY Sylva	10:15 - 11:15 PILATES Evelina			8:15 - 9:15 POLE DANCE Honza		
				10:15 - 11:15 FIT ABS&BOOTY Sylva		
16:15 - 17:15 SUPER PUMP Martin	15:45 - 16:45 CHILD & PARENT EXERCISE (age 2-4) od 9.7.	16:20 - 17:20 FIT ABS&BOOTY Sylva	16:10 - 17:00 POLE DANCE Kids od 19.9. Hana	16:00 - 17:00 POLE DANCE Pavčina		
17:15 - 18:15 YOGA for HEALTHY BACK Evelina	17:05 - 18:05 PILATES for HEALTHY BACK Silvie	17:30 - 18:30 POLE DANCE Stáňa	17:05 - 18:05 POWER YOGA Silvie	17:00 - 18:00 POLE DANCE Natka / Pavčina		
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 SUPER KARDIO - Cardio Inferno Martin	18:10 - 19:10 Private ZUMBA class Alex		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 as per Pricing List

www.big1fitness.cz - [rezervations 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