

**GRAFIK ZAJĘĆ FITNESS**

**ważny od 06.01.2025**

**FITNESS CLASSES TIMETABLE**

**valid from 06.01.2025**

PONIEDZIAŁEK MONDAY	WTOREK TUESDAY	ŚRODA WEDNESDAY	CZWARTEK THURSDAY	PIĄTEK FRIDAY	SOBOTA SATURDAY	NIEDZIELA SUNDAY
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09:30 60'  
**VINYASA  
 YOGA** fitness room  
 Sylwia

09:30 60'  
**VINYASA  
 YOGA** fitness room  
 Sylwia

10:00 60'  
**ABT** fitness room  
 Maryna

09:30 90'  
**YOGA  
 ASHTANGA** fitness room  
 Sylwia

10:00 60'  
**FITT- BALL** fitness room  
 Maryna

11:30 60'  
**AQUA  
 FITNESS** pool  
 Maryna

11:30 60'  
**AQUA  
 FITNESS** pool  
 Maryna

11:00 60'  
**HEALTHY  
 SPINE** fitness room  
 Maryna

11:00 60'  
**STRETCHING** fitness room  
 Maryna

16:30 60'  
**INTERVAL  
 (advanced)** fitness room  
 Maryna

17:30 60'  
**STRETCHING** fitness room  
 Maryna

17:00 60'+30'  
**TBC  
 +  
 STRETCHING** fitness room  
 Maryna

18:30 60'  
**AQUA  
 FITNESS** pool  
 Maryna