

GRAFIK ZAJĘĆ FITNESS

FITNESS CLASSES TIMETABLE

ważny od 30.06.2025

valid from 30.06.2025

PONIEDZIAŁEK	WTOREK	ŚRODA	CZWARTEK	PIĄTEK	SOBOTA	NIEDZIELA
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

11:3060'

AQUA
FITNESS

Maryna

pool

09:3060'

YOGA

Sylwia

fitness
room

11:3060'

AQUA
FITNESS

Maryna

pool

16:3060'

INTERVAL
(advanced)

Maryna

fitness
room

17:3060'

STRETCHING

Maryna

fitness
room

19:0060'

YOGA

Magda

fitness
room

10:0060'

ABT

Maryna

fitness
room

11:0060'

HEALTHY
SPINE

Maryna

fitness
room

17:0060'+30'

TBC
+
STRETCHING

Maryna

fitness
room

09:3090'

YOGA

Magda

fitness
room

10:0060'

FIT-BALL/ABS

Maryna

fitness
room

11:0060'

ROLLER
STRETCHING

Maryna

fitness
room