

GRAFIK ZAJĘĆ FITNESS

ważny od 01.02.2025

FITNESS CLASSES TIMETABLE

valid from 01.02.2025

PONIEDZIAŁEK MONDAY	WTOREK TUESDAY	ŚRODA WEDNESDAY	CZWARTEK THURSDAY	PIĄTEK FRIDAY	SOBOTA SATURDAY	NIEDZIELA SUNDAY
<p>09:30 60'</p> <p>YOGA</p> <p>fitness room</p> <p>Magda</p>		<p>09:30 60'</p> <p>YOGA</p> <p>fitness room</p> <p>Sylwia</p>		<p>10:00 60'</p> <p>ABT</p> <p>fitness room</p> <p>Maryna</p>	<p>09:30 90'</p> <p>YOGA</p> <p>fitness room</p> <p>Magda</p>	<p>10:00 60'</p> <p>FIT-BALL/ABS</p> <p>fitness room</p> <p>Maryna</p>
<p>11:30 60'</p> <p>AQUA FITNESS</p> <p>pool</p> <p>Maryna</p>		<p>11:30 60'</p> <p>AQUA FITNESS</p> <p>pool</p> <p>Maryna</p>		<p>11:00 60'</p> <p>HEALTHY SPINE</p> <p>fitness room</p> <p>Maryna</p>		<p>11:00 60'</p> <p>ROLLER STRETCHING</p> <p>fitness room</p> <p>Maryna</p>
	<p>16:30 60'</p> <p>INTERVAL (ADVANCED)</p> <p>fitness room</p> <p>Maryna</p> <p>17:30 60'</p> <p>STRETCHING</p> <p>fitness room</p> <p>Maryna</p>			<p>17:00 60'+30'</p> <p>TBC + STRETCHING</p> <p>fitness room</p> <p>Maryna</p> <p>18:30 60'</p> <p>AQUA FITNESS</p> <p>pool</p> <p>Maryna</p>		
		<p>18:30 60'</p> <p>YOGA</p> <p>fitness room</p> <p>Magda</p>				