

GRAFIK ZAJĘĆ FITNESS

ważny od 16-11-2023

FITNESS CLASSES TIMETABLE

valid from 16-11-2023

PONIEDZIAŁEK MONDAY	WTOREK TUESDAY	ŚRODA WEDNESDAY	CZWARTEK THURSDAY	PIĄTEK FRIDAY	SOBOTA SATURDAY	NIEDZIELA SUNDAY
09:00 ABS & Power Yoga <small>fitness studio</small> Dagmara 105'	10:00 Yoga <small>fitness studio</small> Dagmara 75'	09:30 ABS & Power Yoga <small>fitness studio</small> Dagmara 105'		10:00 Power Yoga <small>fitness studio</small> Dagmara 90'	09:30 ABS & Power Yoga <small>fitness studio</small> Dagmara 105'	09:45 ABS & Power Yoga <small>fitness studio</small> Dagmara 105'
11:30 Aqua fitness <small>pool</small> Maryna 60'		11:30 Aqua fitness <small>pool</small> Maryna 60'		11:30 Healthy Spine <small>fitness studio</small> Dagmara 60'		
	16:45 ABS & Interval <small>fitness studio</small> Dagmara 90'		18:30 Interval <small>fitness studio</small> Emilia 60'			



Wellness Club Regent