

starting 1.7.2024

## Timetable of classes B1F Club Benešova 14



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 <b>BOOT CAMP</b> Dominik	8:00 - 9:00 <b>POLE DANCE</b> Honza	7:00 - 8:00 <b>BOOT CAMP</b> Miša		7:00 - 8:00 <b>BOOT CAMP</b> Edita/Viřa		
10:15 - 11:15 <b>FIT ABS&amp;BOOTY</b> Sylva	10:15 - 11:15 <b>PILATES</b> Evelina			8:15 - 9:15 <b>POLE DANCE</b> Honza		
				10:15 - 11:15 <b>FIT ABS&amp;BOOTY</b> Sylva		
16:15 - 17:15 <b>SUPER PUMP</b> Martin	16:00 - 17:00 Private ZUMBA class from 9.7.	16:20 - 17:20 <b>FIT ABS&amp;BOOTY</b> Sylva				
17:15 - 18:15 <b>YOGA for HEALTHY BACK</b> Evelina	17:05 - 18:05 <b>PILATES for healthy back</b> Silvie	17:30 - 18:30 <b>POLE DANCE</b> Hanka P./ Hanka M.	17:05 - 18:05 <b>POWER YOGA</b> Silvie	17:00 - 18:00 <b>POLE DANCE</b> Natka / Pavlína		
18:20 - 19:20 <b>FUNCTIONAL TRAINING</b> Edita	18:10- 19:10 <b>SUPER KARDIO - Cardio Inferno</b> Martin	18:35 - 19:35 <b>POLE DANCE</b> Hanka P./ Hanka M.	18:05 - 19:05 <b>FIT CORE</b> Silvie	18:10 - 19:10 Private ZUMBA class from 12.7.		18:30 - 19:30 <b>POLE DANCE</b> Lucie
19:30 - 20:30 <b>POLE DANCE</b> Hanka P.	19:20- 20:20 <b>POLE DANCE</b> Hana		19:15 - 20:15 <b>POLE DANCE</b> Natka			

[www.big1fitness.cz](http://www.big1fitness.cz) - rezervations online

<b>yellow classes</b>	fast	sports wear and clean sports shoes, towel
<b>green classes</b>	slow	sports wear and slippers, towel, workout is without shoes
<b>pole dance</b>		shorts and slippers, towel, workout is without shoes