

starting 1.7.2024

Timetable of classes B1F Václavská 6



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:15 - 18:15 FIT ABS&BOOTY Linda	17:10 - 18:10 TABATA Adam	17:10 - 18:10 HEALTHY BACK with physiotherapist Martin				
18:20 - 19:20 TEAM PUMP Vojta		18:15 - 19:15 TEAM PUMP Vojta				

www.big1fitness.cz - rezervations online

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