

starting 30.9.2024

**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	17:10 - 18:10 TABATA Adam	17:15 - 18:15 TEAM PUMP start Zdenko		
18:20 - 19:20 TEAM PUMP Vojta		18:15 - 19:15 TEAM PUMP Vojta				

www.big1fitness.cz - reservations 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