

starting 11.9.2024

Timetable of classes B1F Club Benešova 14



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|---|----------|---|
| 7:00 - 8:00 BOOT CAMP Dominik | 8:00 - 9:00 POLE DANCE Honza | | | 7:00 - 8:00 BOOT CAMP Edita/Viřa | | |
| 10:15 - 11:15 FIT ABS&BOOTY Sylva | 10:15 - 11:15 PILATES Evelina | | | 8:15 - 9:15 POLE DANCE Honza | | |
| | | 15:00 - 16:00 CHILDREN WITH PARENTS (2-4 y.o.) Edita | | 10:15 - 11:15 FIT ABS&BOOTY Sylva | | |
| 16:15 - 17:15 SUPER PUMP Martin | | 16:20- 17:20 FIT ABS&BOOTY Sylva | 16:10 - 17:00 POLE DANCE Kids starting 19.9. Hana | | | |
| 17:15 - 18:15 YOGA for HEALTHY BACK Evelina | 17:05 - 18:05 PILATES for healthy back Silvie | 17:30 - 18:30 POLE DANCE Hanka P./ Hanka M. | 17:05 - 18:05 POWER YOGA Silvie | 17:00 - 18:00 POLE DANCE Natka / Pavlína | | |
| 18:20 - 19:20 FUNCTIONAL TRAINING Edita | 18:10- 19:10 SUPER KARDIO - Cardio Inferno Martin | 18:35 - 19:35 POLE DANCE Hanka P./ Hanka M. | 18:05 - 19:05 FIT CORE Silvie | 18:10 - 19:10 Private ZUMBA class from 12.7. | | 18:30 - 19:30 POLE DANCE Lucie |
| 19:30 - 20:30 POLE DANCE Hanka P. | 19:20- 20:20 POLE DANCE Hana | | 19:15 - 20:15 POLE DANCE Natka | | | |
| | | | | | | |

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 |