

PONIEDZIAŁEK 1.05.



GODZINA	INDOOR CYCLING	FITNESS	BODY & POWER
09.00 - 10.00			
10.00 - 11.00			
17.00 - 18.00		TOTAL BODY WORKOUT	
18.00 - 19.00	INDOOR CYCLING		
19.00 - 20.00		PŁASKI BRZUCH	
20.00 - 21.00		STRETCHING	

WTOREK 2.05.



GODZINA	INDOOR CYCLING	FITNESS	BODY & POWER
09.00 - 10.00			
17.00 - 18.00		FITBALL	
18.00 - 19.00	INDOOR CYCLING		
19.00 - 20.00		BRZUCH I POŚLADKI	
20.00 - 21.00		STRETCHING**	

ŚRODA 3.05.



GODZINA	INDOOR CYCLING	FITNESS	BODY & POWER
09.00 - 10.00			
10.00 - 11.00			
17.00 - 18.00		STRETCHING*	
18.00 - 19.00		BOSU	
19.00 - 20.00		SLIM FIGURA	
20.00 - 21.00		ZDROWY KRĘGOSŁUP	

CZWARTEK 4.05.



GODZINA	INDOOR CYCLING	FITNESS	BODY & POWER
09.00 - 10.00		TOTAL BODY WORKOUT	
17.00 - 18.00		SHAPE	
18.00 - 19.00		PILATES	TURBO SPALANIE
19.00 - 20.00	INDOOR CYCLING	ZUMBA	
20.00 - 21.00		STRETCHING*	CELLUSTOP

PIĄTEK 5.05.



GODZINA	INDOOR CYCLING	FITNESS	BODY & POWER
10.00 - 11.00		FIT SENIOR	
17.00 - 18.00		BRZUCH I POŚLADKI	
18.00 - 19.00	INDOOR CYCLING		PUMP
19.00 - 20.00		PŁASKI BRZUCH	
20.00 - 21.00		STRETCHING**	

SOBOTA 6.05.



GODZINA	INDOOR CYCLING	FITNESS	BODY & POWER
09.00 - 10.00		BODY MENTAL	
10.00 - 11.00	INDOOR CYCLING		
11.00 - 12.00		BRZUCH I POŚLADKI	