

Lato 2010

Time	Monday 6.00-22.00	Tuesday 6.00-22.00	Wednesday 6.00-22.00	Thursday 6.00-22.00	Friday 6.00-22.00	Saturday 8.00-20.00	Sunday 8.00-20.00
9.00	Core Express	Dance Effect *	Cycling Express	Step Effect *	Body Express		
	Darek	Darek	Aneta J	Ania	Ania		
9.30	Cycling Express	Core Express	Pilates	Core Express	Core Express	Pilates	
	Darek	Darek	Daniel	Ania	Ania	Ola	
10.00	Power Yoga	Lift it Express	10.30 Aqua	Lift it Express	Aqua	10.30 Aqua	Pilates
	Daniel	Darek	Aneta J	Ania	Ania	Ola	WCT
11.00	Aqua					Core 11.30 Express	Core Express
	Darek					Ola	WCT
12.00						Cycling	11.30 Cycling
						Kinga/Aneta J.	Marcin C
16.00	Pilates	Combat Force				12.30 Combat Force	11.30 Stretch Express
	Laura	Tomek				Tomek	WCT
17.00	Dance	Dance	Step	TBC	Step		
	Laura	Darek	Ola	Darek	Darek		
17.00		Aqua	Aqua	Aqua			
		Ania	Karolina	Karolina			
18.00	TBC	Body Express	Pilates	Core Express 	Pilates		
	Ola	Ania	Ola	Karolina	Laura		
18.00	Cycling	Cycling * 	Cycling *		18.15 Cycling 45* 		
	Aneta J.	Artur	Ola S.		Grzegorz		
18.30		Core Express		Step Effect*			
		Ania		Darek			
19.00	Core Express	Pilates	Dance Effect*	Lift it	Core Express		
	Ola	Darek	Darek	Karolina	Laura		
19.00				Cycling Express*			
				Kinga			
19.30	Stretch Express		Core Express	Cycling Express*	Stretch Express		
	Ola		Darek	Kinga	Laura		
20.00	Lift it	Yoga	Lift it	Yoga	Lift it		
	Daniel	Gosia	Darek	Pawel	Sebastian		

Strength & Flexibility
 Cardio
 Dance & Coordination

* - zajęcia dla początkujących

Rezerwacje – 782 81 00 lub GG - 3363532

Bądź punktualnie. Spóźniając się tracisz możliwość wejścia na zajęcia.