

PONIEDZIAŁEK				
16:00 - 17:00 CIRCUIT TRAINING Renata Kowalska STUDIO FITNESS	17:00 - 17:30 PŁASKI BRZUCH Marcin Czech STUDIO FITNESS	17:30 - 18:30 TBC STEP Joanna Pitera STUDIO FITNESS	18:30 - 19:30 TBC AEROBIC Renata Kowalska STUDIO FITNESS	19:30 - 20:30 STEP *I CHOREOGRAFIA Mateusz Dudek STUDIO FITNESS
WTOREK				
17:00 - 17:30 PŁASKI BRZUCH Marcin Czech STUDIO FITNESS	17:30 - 18:30 CROSS TRAINING Alicja Marek STREFA CROSS	17:30 - 18:30 ZDROWY KRĘGOSŁUP Agata Niedzialek STUDIO FITNESS	18:30 - 19:30 JOGA Agata Niedzialek STUDIO FITNESS	20:00 - 21:00 ZUMBA Małgorzata Ostrowska-Rzepko STUDIO FITNESS
ŚRODA				
16:00 - 17:00 TBC SHAPE Renata Kowalska STUDIO FITNESS	17:30 - 18:30 CIRCUIT TRAINING Krystian Czeakański STUDIO FITNESS	18:30 - 19:30 BPU SHAPE Mateusz Dudek STUDIO FITNESS	19:30 - 20:30 METABOLIC COMBAT Katarzyna Mocek STUDIO FITNESS	
CZWARTEK				
17:30 - 18:30 TBC FITBALL Aneta Dereń STUDIO FITNESS	17:30 - 18:30 CROSS TRAINING Alicja Marek STREFA CROSS	18:30 - 19:30 STEP *II CHOREOGRAFIA Klaudia Ptak STUDIO FITNESS	19:30 - 20:30 PILATES & STRETCH Klaudia Ptak STUDIO FITNESS	
PIĄTEK				
16:00 - 17:00 TBC STEP Renata Kowalska STUDIO FITNESS	17:00 - 17:30 PŁASKI BRZUCH Marcin Czech STUDIO FITNESS	17:30 - 18:30 BPU SHAPE Krystian Czeakański STUDIO FITNESS	18.30 - 19:30 ZUMBA Małgorzata Ostrowska-Rzepko STUDIO FITNESS	