

| PONIEDZIAŁEK | | | | | | |
|---------------------------------------|---------------------------------------|---|---|--------------------------------------|--|--------------------------------------|
| 15:30 – 16:30 | 17:00 - 18:00 | 17:30 - 18:30 | 18:30 - 19:30 | 19:00 - 20:00 | 20:15 – 21:15 | 20:00 - 20:30 |
| TBC HANTLE | PUMP | ZUMBA | CIRCUIT TRAINING | SPACE STRETCH TBC | MULTI TEMPO | STRETCHING |
| Joanna Pitera STUDIO COMBAT | Klaudia Cyrek STUDIO COMBAT | Małgorzata Ostrowska-Rzepko STUDIO MENTAL | Krystian Czeakański STUDIO COMBAT | Klaudia Ptak STUDIO MENTAL | Dominika Szala-Synoś STUDIO COMBAT | Klaudia Ptak STUDIO MENTAL |

| WTOREK | | | | | | |
|---|---------------------------------------|--|--|--|---|--|
| 15:30 – 16:30 | 17:00 - 18:00 | 18:30 - 19:30 | 19:00 - 20:00 | 20:15 – 21:15 | 20:30 – 21:30 | |
| MCCT STEP | TBC HANTLE | STEP *II CHOREOGRAFIA | BPU SHAPE | PUMP | SPACE STRETCH TBC | |
| Aneta Przepióra STUDIO COMBAT | Klaudia Cyrek STUDIO MENTAL | Elżbieta Pisarek STUDIO COMBAT | Małgorzata Stępień STUDIO MENTAL | Małgorzata Stępień STUDIO COMBAT | Katarzyna Mocek STUDIO MENTAL | |

| ŚRODA | | | | | | |
|---|-------------------------------------|--------------------------------------|---|--|-------------------------------------|--|
| 17:30 - 18:30 | 17:45 - 18:45 | 19:00 - 20:00 | 19:00 - 20:00 | 20:15 – 21:15 | 20:00 - 20:30 | |
| STRONG BY ZUMBA | ZDROWY KRĘGOSŁUP | PUMP | TBC DANCE | MULTI TEMPO | STRETCHING | |
| Małgorzata Ostrowska-Rzepko STUDIO COMBAT | Aneta Dereń STUDIO MENTAL | Klaudia Ptak STUDIO COMBAT | Yuliya Stadiychuk STUDIO MENTAL | Dominika Szala-Synoś STUDIO COMBAT | Aneta Dereń STUDIO MENTAL | |

| CZWARTEK | | | | | | |
|---|---|---|--|--|-----------------------------------|---|
| 15:30 – 16:30 | 17:30 – 18:30 | 17:45 - 18:45 | 19:00 - 20:00 | 19:45 - 20:45 | 19:45 - 20:45 | 20:30 – 21:30 |
| PUMP BODYBUILD | ANIMAL FLOW | TBC FITBALL | SPACE STRETCH BPU | CIRCUIT TRAINING | KALISTENIKA | COMBAT METABOLIC |
| Aneta Przepióra STUDIO COMBAT | Aneta Przepióra STUDIO COMBAT | Krystian Czeakański STUDIO MENTAL | Elżbieta Pisarek STUDIO MENTAL | Małgorzata Stępień STUDIO COMBAT | Łukasz Gębara STREFA SW | Katarzyna Mocek STUDIO MENTAL |

| PIĄTEK | | | | | | |
|---|---------------------------------------|--|-------------------------------------|--|--|--|
| 17:30 - 18:30 | 17:45 - 18:45 | 18:45 - 19:45 | 19:00 - 20:00 | | | |
| STEP *I CHOREOGRAFIA | TBC FITBALL | PUMP | PILATES & STRETCH | | | |
| Jakub Bętkowski STUDIO COMBAT | Klaudia Cyrek STUDIO MENTAL | Elżbieta Pisarek STUDIO COMBAT | Aneta Dereń STUDIO MENTAL | | | |