

| 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 Niedziałek STUDIO FITNESS | 18:30 - 19:30 JOGA Agata Niedziałek 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 DECATHLON Krystian Czeakański STUDIO FITNESS | 18.30 - 19:30 ZUMBA Małgorzata Ostrowska-Rzepko STUDIO FITNESS | |