

Che³m, Sala Fitness

| Godz. | Pn | Wt | Sr | Czw | Pt | So | Nd |
|-------|---------------------------|------------------------|---------------------------|-------------------------|---------------------------|---------------------------|--------------------------|
| 08:30 | | TIGER FIT Robert | | | | | |
| 09:00 | PLASKI BRZUCH Magda M. | | ZDROWY KREGOS Asia K. | BS Magda M. | POWER PUMP Magda J. | | |
| 09:30 | | 30/30 Robert | | | | PLASKI BRZUCH Magda M. | |
| 10:00 | Fit Senior Magda M. | | | Fit Senior Magda M. | | | ANIMAL FLOW Asia K. |
| 10:30 | | | | | | POWER PUMP Magda M. | |
| 11:00 | | | | | | | ZDROWY KREGOS Asia K. |
| 11:30 | | | | | | | |
| 12:00 | | | | | | | JOGA Monika |
| 17:00 | | XCO Seba | Tiger fit Aneta | PLASKI BRZUCH Milena | | | TBC Magda M. |
| 17:30 | PLASKI BRZUCH Magda J. | | | | TIGER FIT Magda M. | | |
| 18:00 | | POWER PUMP Seba | 30/30 Aneta | BS Milena | | BS & STRETCH Seba | PILATES & Magda M. |
| 18:30 | STEP & SHAPE Magda J. | | | | 30/30 Magda M. | | |
| 19:00 | | TBC Magda J. | STEP FUNCTIONA Asia K. | TBC Robert | | | |
| 19:30 | STRETCHING Magda J. | | | | ZDROWY KREGOS Magda M. | | |
| 20:00 | | FAT BURNER Magda J. | ZDROWY KREGOS Asia K. | STEP Robert | | | |
| 20:30 | TIGER CROSS Marcin | | | | | | |
| 21:00 | | | | TIGER CROSS Marcin | | | |