

## Wejher Park, Sala fitness B

| Godz. | Pn                       | Wt                     | Sr                     | Czw                    | Pt                    | So                   | Nd |
|-------|--------------------------|------------------------|------------------------|------------------------|-----------------------|----------------------|----|
| 09:00 | BRZUCH / UDA /<br>Jagoda | STRETCHING i Z<br>Ania | -<br>-                 | PLASKI BRZUCH<br>Ania  | TRENING OBWODO        |                      |    |
| 09:15 |                          |                        | -<br>-                 |                        |                       | TIGER CROSS<br>Krzys |    |
| 09:30 |                          |                        |                        |                        |                       | -<br>-               |    |
| 10:00 | STRETCHING / P<br>Jagoda |                        | -<br>-                 |                        | PLASKI BRZUCH<br>Asia |                      |    |
| 16:00 |                          |                        |                        |                        |                       | TRENING OBWODO       |    |
| 17:00 |                          |                        |                        |                        |                       | STRETCHING<br>Lidka  |    |
| 17:30 | -<br>-                   |                        | CELULLIT STOP<br>Ania  |                        |                       |                      |    |
| 18:00 | TRENING FUNKCJ<br>Adam   |                        |                        | TRENING STACYJ<br>Adam | Zdrowy kregos<br>Iza  |                      |    |
| 18:30 |                          |                        | 30BRZUCH 30STR<br>Ania |                        |                       |                      |    |
| 19:00 | PUMP&TONE<br>Adam        | ABT<br>Iza             |                        | PUMP&TONE<br>Adam      | PLASKI BRZUCH<br>Iza  |                      |    |
| 19:30 |                          |                        |                        |                        |                       |                      |    |
| 20:00 | STRETCHING<br>Adam       | -<br>-                 |                        | STRETCHING<br>Adam     | INTERWAL<br>Iza       |                      |    |
| 20:30 |                          |                        | -<br>-                 | Salsation<br>Roksana   |                       |                      |    |