

## CH Manhattan, Sala Fitness

Godz.	Pn	Wt	Sr	Czw	Pt	So	Nd
08:00	30/30 Agnieszka Z.		ZDROWY KREGO Magda M.	TBC Agnieszka Z.			
09:00	PILATES & STRE Agnieszka Z.	PILKI Magda J.	BS Aneta	PILATES Agnieszka Z.	PLASKI BRZUCH Aneta	TBC Seba	
10:00		POWER PUMP Magda J.	STRETCHING Aneta		STRETCHING Aneta	TIGER FIT Agnieszka Z.	STEP FUNCTIONA Aneta
11:00					FIT SENIOR MAGDA.M	PILATES Agnieszka Z.	BS & STRETCH Aneta
12:00							PILATES Seba
15:00						ZUMBA Ola K.	
16:00	TIGER FIT Seba	BS Justyna	30/30 Ania	PLASKI BRZUCH Agnieszka Z.	FAT BURNER MAGDA J.	PILATES & STRE Seba	TIGER FIT Justyna
17:00	30/30 Seba	PILATES Agnieszka Z.	TIGER FIT Ania	PILATES Agnieszka Z.	POWER PUMP MAGDA J.		
18:00	TBC Emilia	4STREATZ Agnieszka Z.	STEP Robert	SPEEDBALL SM Seba	TIGER FIT MAGDA J.		
19:00	POWER PUMP Emilia	TBC Sylvia	DEEP WORK Robert	POWER PUMP Seba	ZUMBA Ola.K		
20:00	JOGA (1.5h) Dorota W.	STRETCHING Sylvia	TIGER CROSS Marcin	JOGA (1.5h) Dorota W.			