

## Riviera, Sala Fitness

Godz.	Pn	Wt	Sr	Czw	Pt	So	Nd
08:30	BS Magda W.	TBC Gosia	TRENING OBWODO		POWER PUMP Agata		
09:00				TIGER FIT Paulina F.		Tiger Fit Adam P.	
09:30	PILATES Magda W.	STRETCHING Gosia	ZDROWY KREGOS Magda W.		30/30 Agata		TRENING OBWODO
10:00				STRETCHING Paulina F.		BS Adam P.	
10:30							TBC Gosia
11:00						STRETCHING Adam P.	
12:00						Hatha Joga Dominika	Cross&Run Marcin/ Kris
16:00			TBC Gosia				
16:30	PLASKI BRZUCH Paulina F.	TRENING FUNKCJ Paulina F.		PLASKI BRZUCH Agata	FIT BALL Gosia		
17:00			POWER PUMP Gosia				
17:30	TIGER FIT Paulina F.	STEP&SHAPE Paulina F.		POWER PUMP Agata	TBC Gosia		
18:00			ZDROWY KREGOS Magda W.				
18:30	POWER PUMP Monika B.	TIGER FIT Agata		BS Paulina F.	ZDROWY KREGOS Karolina G.		
19:00			DEEP WORK Magda W.				
19:30	HATHA JOGA Dominika	POWER PUMP Agata		STRETCHING Paulina F.	STRETCHING&ROL Karolina G.		
20:00			PILATES Magda W.				
20:30	SALSATION Marta	TIGER CROSS Bartek		TIGER CROSS Bartek			