

|       | PONIEDZIAŁEK                                    | WTOREK                                     | ŚRODA                                     | CZWARTEK  | PIĄTEK  | SOBOTA  | NIEDZIELA  |
|-------|---|--|---|---|---|---|--|
| 08:30 |   |  |   |   |   |   |  |
| 09:00 |   |  |   |   |   |   |  |
| 09:30 |   | 8:30 - 9:25<br>D. DOBRY JOGA<br>NATALIA    |   | 8:30 - 9:25<br>D. DOBRY PILATES<br>NATALIA          |   | 9:00 - 10:25<br>D. DOBRY PILATES<br>(różni nauczyciele) |  |
| 10:00 |   |  |   |   |   |   |  |
| 10:30 |   |  |   |   |   |   |  |
| 11:00 |   |  |   |   |   |   |  |
| 11:30 |   |  |   |   |   |   |  |
| 12:00 |   |  |   |   |   |   |  |
| 12:30 |   |  |   |   |   |   |  |
| 13:00 |   |  |   |   |   |   |  |
| 13:30 |   |  |   |   |   |   |  |
| 14:00 |   |  |   |   |   |   |  |
| 14:30 |   |  |   |   |   |   |  |
| 15:00 |   |  |   |   |   |   |  |
| 15:30 |   |  |   |   |   |   |  |
| 16:00 |   |  |   |   |   |   |  |
| 17:00 | 17:00 - 17:55<br>JOGA PODSTAWY<br>AGNIESZKA     | 17:00 - 17:50<br>PILATES MASZYNY<br>KAMILA | 17:00 - 17:50<br>PILATES TRX<br>KAMILA    | 17:00 - 17:55<br>JOGA PODSTAWY<br>AGNIESZKA         | 17:00 - 17:50<br>PILATES MASZYNY<br>(mała sala)<br>MAŁGORZATA | 17:00 - 17:50<br>PILATES ZDR. KRĘG<br>KAMILA            |  |
| 18:00 | 18:00 - 19:30<br>JOGA ŚR. ZAAWAN.<br>AGNIESZKA  |  | 18:00 - 18:50<br>PILATES OGÓLNY<br>KAMILA | 18:00 - 19:15<br>JOGA OGÓLNA<br>AGNIESZKA           |   | 18:00 - 18:50<br>PILATES MASZYNY<br>KAMILA              |  |
| 19:00 |   |  | 19:00 - 19:50<br>TRILO CHI<br>ANNA        |   |   | 19:00 - 20:15<br>JOGA OGÓLNA<br>POLINA                  |  |
| 19:30 | 19:30 - 20:20<br>PILATES OGÓLNY<br>WERONIKA     |  |   | 19:30 - 20:20<br>PILATES DNO MIEDNICY<br>ALEKSANDRA |   | 19:00 - 20:15<br>JOGA POWIĘZIOWA<br>EDYTA               | 19:30 - 20:45<br>JOGA RELAKS<br>(wybrane weekendy)<br>POLINA |
| 20:00 |   |  |   |   |   |   |  |
| 20:30 | 20:30 - 21:20<br>PILATES ZDR. KRĘG.<br>WERONIKA |  |   | 20:30 - 21:20<br>PILATES TRX<br>NATALIA             | 20:30 - 21.25<br>AERIAL JOGA<br>POLINA                        |   |  |