

	PONIEDZIALEK		WTOREK		ŚRODA		CZWARTEK		PIĄTEK		SOBOTA		NIEDZIELA	
	SALA CYCLING	SALA FITNESS	SALA CYCLING	SALA FITNESS	SALA CYCLING	SALA FITNESS	SALA CYCLING	SALA FITNESS	SALA CYCLING	SALA FITNESS	SALA CYCLING	SALA FITNESS	SALA CYCLING	SALA FITNESS
6:00			MY RIDE 60 min				MY RIDE 60 min							
7:00														
8:00		BODY ART 60 min				BODY ART 60 min					MY RIDE 60 min		MY RIDE 60 min	
9:00														
10:00				CITY PUMP 60 min				CITY PUMP 60 min						
11:00														
12:00											MTB CYCLING 60 min		MTB CYCLING 60 min	ZUMBA 60 min
13:00														
14:00												PLASKI BRZUCH / STRECHING 60 min		
15:00														
16:00														
17:00		ZUMBA 60 min				ZUMBA 60 min				ZUMBA 60 min		POWER PUMP 60 min		PLASKI BRZUCH/ STRECHING 60 min
18:00	TABATA CYCLING 30 min TABATA CYCLING 30 min	TBC 60 min	CITY CYCLING 60 min	DEEP WORK 60 min	CITY CYCLING 60 min	ZDROWY KREGOSŁUP 60 min	TABATA CYCLING 30 min TABATA CYCLING 30 min	DEEP WORK 60 min	CITY CYCLING 60 min	ZDROWY KREGOSŁUP 60 min	CITY CYCLING 60 min	TABATA 60 min	CITY CYCLING 60 min	CITY PUMP 60 min
19:00	MY RIDE 60 min	POWER ZUMBA 30 min	MY RIDE 60 min	TABATA 60 min	MY RIDE 60 min	POWER ZUMBA 30 min	MY RIDE 60 min	TABATA 60 min	MY RIDE 60 min	POWER ZUMBA 30 min	MY RIDE 60 min		MY RIDE 60 min	
20:00	MTB CYCLING 60 min	PLASKI BRZUCH / STRECHING 60 min	MTB CYCLING 60 min		MTB CYCLING 60 min	CITY PUMP 60 min	MTB CYCLING 60 min		MTB CYCLING 60 min	CITY PUMP 60 min				
21:00	MY RIDE 60 min	PILATES 60 min	MY RIDE 60 min	LATINO DANCE 60 min	MY RIDE 60 min	PILATES 60 min	MY RIDE 60 min	LATINO DANCE 60 min	MY RIDE 60 min	PLASKI BRZUCH / STRECHING 60 min				
22:00														
23:00														
00:00	MY RIDE 60 min				MY RIDE 60 min				MY RIDE 60 min					