

Sala Fitness

| Sala Fitness sezon 2016/2017 | | | | | | | |
|------------------------------|------------------------------|-----------------------------------------------|----------------------------------------|------------------------------------|----------------------------|------------------------------------|-----------|
| Godz. | PONIEDZIAŁEK | WTOREK | ŚRODA | CZWARTEK | PIĄTEK | SOBOTA | NIEDZIELA |
| 08:00 | Pilates Magda | | Gim. z mdm Magda | | Core&Stretch 7:50 Magda | | |
| 09:00 | Gim. z mdm Monika O. | Gim. z mdm Emilia | Zdrowy Kręgosłup Grażyna Frąckowiak | | | Spalanie+Brzuch Agnieszka Kosko | |
| 09:30 | | | | Vita Fit 50+ 1 Magda | | | |
| 10:00 | | | Fit Mama Grażyna Frąckowiak | | | Step Training Agnieszka Kosko | |
| 10:30 | Zdrowy Kręgosłup Magda | | | Gim. z mdm Monika O. | | | |
| 11:00 | | | | | | | |
| 11:30 | | | Gimnastyka 50+ Grażyna Frąckowiak | | Gim. z mdm Monika O. | | |
| 12:00 | | | | | | | |
| 12:45 | | | | Vita Fit Gym 2 Agnieszka Brudło | | | |
| 13:30 | | | | | | | |
| 17:00 | | Vita Fit 50+ 2 Kasia | Fit Mama Monika O. | Vita Fit Slim Agnieszka Brudło | | | |
| 17:30 | | | | | | | |
| 18:00 | Vita Fit Orto 2 Monika O. | Total Body Condition (TBC) Agnieszka Kosko | Joga Magda Kostus | | | | |
| 18:30 | | | | | Joga Magda Kostus | | |
| 19:00 | Kick Boxing Klaudia | Pilates Dagmara | | AnTyCellulit Agnieszka Kosko | | | |
| 19:30 | | | Spalanie+Brzuch Agnieszka Kosko | | | | |
| 20:00 | Core&Stretch 20:10 Marta | Zumba Agnieszka Portka | | Total Fit Agnieszka Kosko | | | |
| 20:30 | | | Step Training Agnieszka Kosko | | | | |
| 21:00 | | | | | | | |
| 22:00 | | | | | | | |