

# GRAFIK ZAJĘĆ FITNESS

Healthy Center by Ann

PONIEDZIAŁEK	WTOREK	ŚRODA	CZWARTEK	PIĄTEK
		2/01/2019 MINI BANDS – 20.00	3/01/2019 BODY WORKOUT – 20.00	4/01/2019 KETTLEBELL – 20.00
7/01/2019 TABATA – 20.00	8/01/2019 BODY WORKOUT – 20.00 JOGA – 19.00	9/01/2019 TABATA – 20.00	10/01/2019 BODY WORKOUT – 20.00	11/01/2019 KETTLEBELL – 20.00
14/01/2019 TABATA – 20.00	15/01/2019 BODY WORKOUT – 20.00 JOGA – 19.00	16/01/2019 MINI BANDS – 20.00	17/01/2019 BODY WORKOUT – 20.00	18/01/2019 KETTLEBELL – 20.00
21/01/2019 TABATA – 20.00	22/01/2019 BODY WORKOUT – 20.00 JOGA – 19.00	23/01/2019 TABATA – 20.00	24/01/2019 BODY WORKOUT – 20.00	25/01/2019 KETTLEBELL – 20.00
28/01/2019 TABATA – 20.00	29/01/2019 TABATA – 20.00 JOGA – 19.00	30/01/2019 MINI BANDS – 20.00	31/01/2019 TABATA – 20.00	