

Scheduler [Aleksandry 11]

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	GT STRENGTH / 55 min	GT POWER / 55 min	GT CORE / 55 min		/ 55 min		
9:00	BODY SHAPE Klaudia Matusik / 55 min ABS Platinum Team / 20 min	BELLYMANIA Joanna Kucia-Sikora / 55 min ABS Platinum Team / 20 min	BODY SHAPE / 55 min ABS Platinum Team / 20 min	TABATA Joanna Kucia-Sikora / 55 min ABS Platinum Team / 20 min	ABT Klaudia Matusik / 55 min ABS Platinum Team / 20 min	GT TRAINING SPECIAL Robert Augustyn / 55 min ABS Platinum Team / 20 min	ABS Platinum Team / 20 min ZUMBA® / 55 min
10:00	HEALTHY SPINE Klaudia Matusik / 55 min	STRETCHING Joanna Kucia-Sikora / 55 min	PILATES / 55 min	HEALTHY SPINE Joanna Kucia-Sikora / 55 min	STRETCHING Klaudia Matusik / 55 min		
16:00	BODY SHAPE / 55 min	BODY SHAPE Klaudia Matusik / 55 min	HEALTHY SPINE / 55 min		ABT Klaudia Matusik / 55 min	BODY SHAPE / 55 min	
17:00	GLUTEMANIA / 55 min	HEALTHY SPINE Klaudia Matusik / 55 min	BELLYMANIA / 55 min	TABATA / 55 min	HEALTHY SPINE Klaudia Matusik / 55 min	STRETCHING / 55 min FUNCTIONAL TRAINING Platinum Team / 30 min	FUNCTIONAL TRAINING Platinum Team / 30 min
18:00	STRETCHING / 55 min	GT POWER / 55 min	BODY SHAPE Renata Mączyńska / 55 min	LES MILLS BODYPUMP® / 55 min	TRX/KETTLEBELL Klaudia Matusik / 55 min	ABS Platinum Team / 20 min	ABS Platinum Team / 20 min

19:00	GT STRENGTH / 55 min	LES MILLS BODYPUMP® / 55 min	PILATES Renata Mączyńska / 55 min	ZUMBA® Emilia Furman / 55 min	GT WOD / 55 min		
	ABS Platinum Team / 20 min	ABS Platinum Team / 20 min	ABS Platinum Team / 20 min	ABS Platinum Team / 20 min	ABS Platinum Team / 20 min		
20:00	LES MILLS BODYPUMP® Paulina Witowska / 55 min	BELLYMANIA / 55 min	GT CORE / 55 min	FUNCTIONAL TRAINING Platinum Team / 30 min	BODY SHAPE / 55 min		
	FUNCTIONAL TRAINING Platinum Team / 30 min	FUNCTIONAL TRAINING Platinum Team / 30 min	FUNCTIONAL TRAINING Platinum Team / 30 min	/ 55 min	FUNCTIONAL TRAINING Platinum Team / 30 min		
21:00			ZUMBA® Emilia Furman / 55 min				