

| GODZINA           | PONIEDZIAŁEK                      | WTOREK                      | ŚRODA            | CZWARTEK                    |
|-------------------|-----------------------------------|-----------------------------|------------------|-----------------------------|
| <b>PORANKI</b>    |                                   |                             |                  |                             |
| 8:30              | Pilates<br>Marta                  |                             | Pilates<br>Marta |                             |
| 09:00             |                                   | Joga w<br>nessfit*<br>Marta |                  | Joga w<br>nessfit*<br>Marta |
| 10:45             |                                   | Pilates 65+<br>Marta        |                  | Pilates 65+<br>Marta        |
| <b>POPOŁUDNIA</b> |                                   |                             |                  |                             |
| 16:30             |                                   | Pilates<br>Marta            |                  | Pilates<br>Marta            |
| 17:00             | Pilates dla<br>młodzieży<br>Marta |                             | Pilates<br>Marta |                             |

|       |                  |                  |                  |                  |
|-------|------------------|------------------|------------------|------------------|
| 18:00 |                  | Pilates<br>Agata |                  | Pilates<br>Agata |
| 18:30 | Pilates<br>Marta |                  | Pilates<br>Marta |                  |
| 19:30 |                  | Pilates<br>Agata |                  | Pilates<br>Agata |
| 20:00 | Joga<br>Marta    |                  | Joga<br>Marta    |                  |

\*Joga w nessfit – lekcje odbywają się w Akademii Ruchu Nessfit, ul. Wiśniowa 19a