

Grafik zajęć od stycznia 2024

	PONIEDZIAŁEK	WTOREK	ŚRODA		CZWARTEK	PIĄTEK		
8:00			Pilates Studio					
9:00	Pilates Studio	Pilates Matwork	Pilates Podstawy Matwork	Pilates Studio	Pilates Studio	Pilates Studio		
10:30	Pilates Studio	Pilates Studio	Therapy Stretch	Pilates Studio	Pilates Studio	Pilates Studio		
			11:45 Pilates Therapy		11:45 Pilates Therapy			
				15:45 Pilates Studio				
16:45	Pilates Studio	Pilates Studio	Pilates Matwork Fundamental	Pilates Studio	Pilates Studio			
18:00	Pilates Studio	Pilates Podstawy Matwork	Pilates Podstawy Studio	Joga&Pilates	Pilates Matwork	Pilates Studio	Pilates Studio	Pilates Matwork
19:30	Pilates Studio	Pilates Matwork	Pilates Studio		Powięziowe rozluźnianie	Pilates Studio	Pilates Studio For men	

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