

Grafik zajęć od maja 2025

	PONIEDZIAŁEK		WTOREK		ŚRODA		CZWARTEK		PIĄTEK
8:00					Pilates Studio				
9:00	Pilates Studio		Pilates Matwork	Pilates Podstawy Studio	Pilates Matwork	Pilates Studio	Pilates Studio		Pilates Studio
10:30	Pilates Studio		Pilates Studio		Pilates Studio		Pilates Studio		Pilates Studio
			12:00 Pilates dla kobiet w ciąży		11:45 Pilates Therapy		11:45 Pilates Therapy		
			15:45 Pilates Studio		15:45 Pilates Studio				
16:45	Pilates Studio		Pilates Podstawy Matwork	Pilates Studio	Pilates Studio		Pilates Studio		
18:00	Pilates Studio	Pilates Matwork	Pilates Studio	Joga&Pilates	Pilates Matwork	Pilates Studio	Pilates Studio	Pilates Matwork	
19:30	Pilates Podstawy Studio	Pilates Matwork	Pilates Podstawy Matwork	Pilates Studio	Powięziowe rozluźnianie	Pilates Studio	Pilates Studio For men		