

Grafik zajęć od 1.07 do 30.09 2025

	PONIEDZIAŁEK		WTOREK		ŚRODA		CZWARTEK	PIĄTEK
09:00	Pilates Studio		Pilates Matwork	Pilates Studio	Pilates Studio		Pilates Studio	Pilates Studio
10:30			Pilates Studio		Pilates Studio		Pilates Therapy	Pilates Studio
11:45					Pilates Therapy			
13:00					Pilates dla Tancerzy			
15:45					Pilates Studio			
16:45	Pilates Studio		Pilates Podstawy Studio		Pilates Studio	Pilates 9-14lat	Pilates Studio	
18:00	Pilates Studio	Pilates Matwork	Pilates Studio		Pilates Studio	Pilates Matwork	Pilates Matwork	
19:30	Pilates Podstawy Studio	Pilates Matwork	Matwork Fundamental	Pilates Studio	Pilates Studio	Powięziowe Rozluźnianie	Pilates Studio for Men	

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