

Sala CPM

| Czas | Pon | Wto | ?ro | Czw | Pi? | Sob |
|------------|---------------------------------|-------------------------------|---------------------------|-------------------------------|-------------------------------|-------------------------------|
| Ca?y dzie? | 12 | 13 | 14 | 15 | 16 | 17 |
| 07:00 | 7:00 - 8:00 Cross | 7:00 - 8:00 Cross | 7:00 - 8:00 Cross | 7:00 - 8:00 Cross | 7:00 - 8:00 Cross | |
| 09:00 | | 9:00 - 10:00 Cardio ABS | | 9:00 - 10:00 Ta?my | | |
| 10:00 | | | | | | 10:00 - 11:00 CrossLifting |
| 11:00 | | | | | | 11:00 - 12:00 Fizjotrening |
| 18:00 | 18:00 - 19:00 Cross: Intro | 18:00 - 19:00 Cross: Intro | 18:00 - 19:00 Mobility | 18:00 - 19:00 Cross: Intro | 18:00 - 19:00 Cross: Intro | |
| 19:00 | 19:00 - 20:00 Cross Ta?my | 19:00 - 20:00 Cross | 19:00 - 20:00 Cross | 19:00 - 20:00 Cross | 19:00 - 20:00 Cross | |
| 20:00 | | 20:00 - 21:00 CrossLifting | | 20:00 - 21:00 CrossLifting | | |

[« Poprz](#)

Tydzie? od Luty 12 2018

[Nast? »](#)
