

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 9:30	YOGA Krysia		YOGA Krysia		YOGA Krysia
9:00 - 10:00		AQUA FITNESS Monika MINDSET BODY TRAINING Aneta (FROM 1.10)		AQUA FITNESS Monika MINDSET BODY TRAINING Aneta (FROM 1.10)	
9:30 - 11:00	YOGA Krysia		YOGA Krysia		YOGA Krysia
10:00 - 11:00		MINDSET BODY TRAINING Aneta (FROM 1.10)		MINDSET BODY TRAINING Aneta (FROM 1.10)	
11:00 - 12:00		DANCE AND MOVEMENT CLASSES Irena		DANCE AND MOVEMENT CLASSES Irena	
18:00 - 19:00	PELVIC FLOOR MUSCLE TRAINING Paulina Cz.	INTENSE TRAINING Paulina Z.		INTENSE TRAINING Paulina Z.	
19:00 - 20:00	FUNCTIONAL TRAINING Paulina Cz.	INTENSE TRAINING Paulina Z.	MINDSET BODY TRAINING Aneta (FROM 1.10)	INTENSE TRAINING Paulina Z.	
20:00 - 21:00	FUNCTIONAL TRAINING Paulina Cz.	HEALTH CORE Monika		HEALTH CORE Monika	

Price for Hotel Guest – 60 pln.

Please note that minimum number of people to carry out classes is three.

You are kindly requested to register for the classes at the SPA reception desk. If there is no proper attendance 24h before class, classes will be canceled.

SPA Reception
Tel. 58 767 19 00